TREND REPORT Cozy Sweaters, Flowy Dresses, Wide-Leg Pants (at last!)

CHÂTELAINE

Fall Flavours

Swiss Chard Risotto

Leek & Pancetta Galette

Upside Down Plum Cake

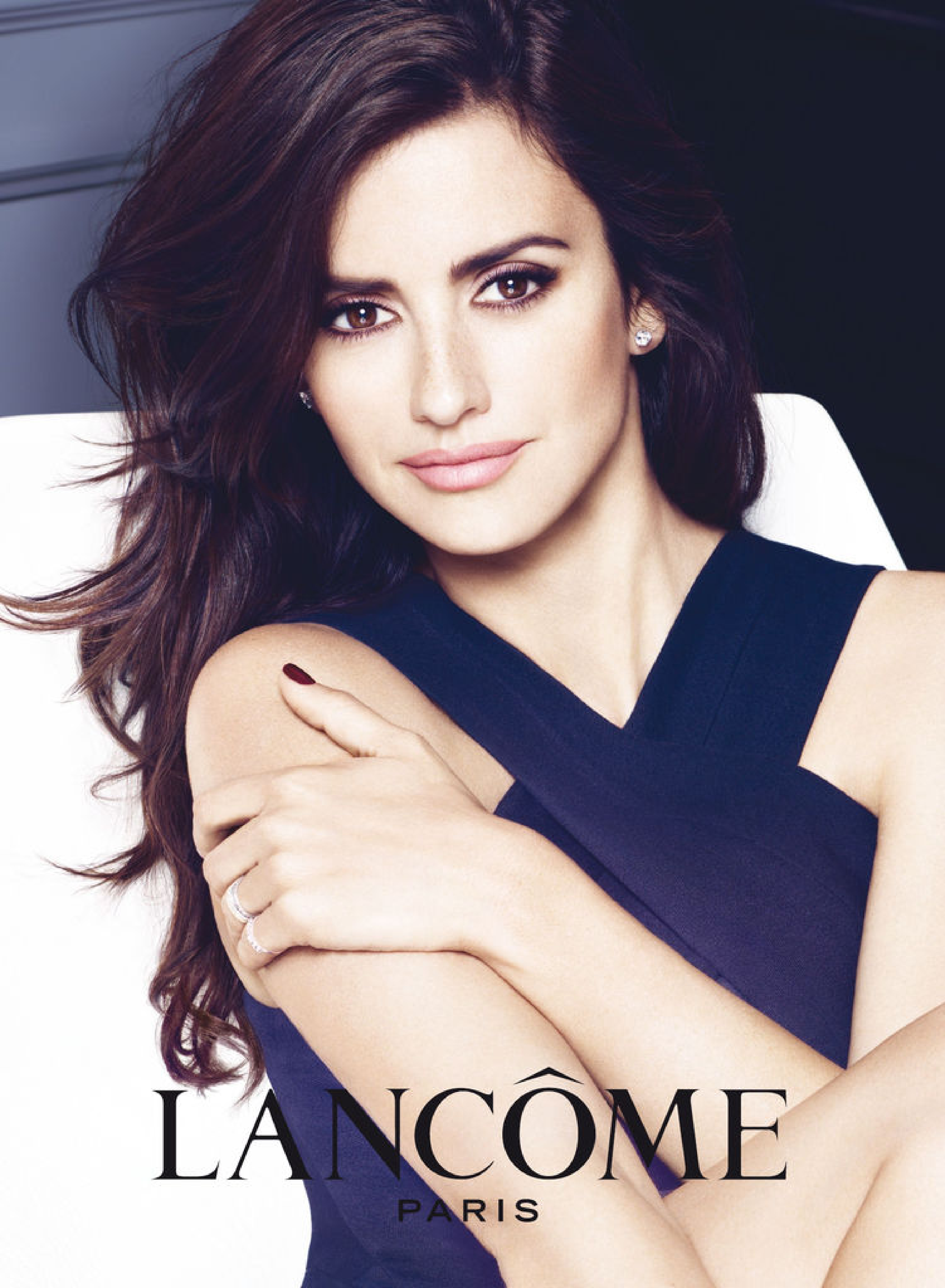
Blackberries & Cream Waffles

\+ **9 Ways with Tomatoes**

50 BEST DECOR HACKS EVER

YOU GOTTA READ THIS *Fall's Buzziest Books* P 69

\+ *We've Found Your Next TV Obsession* P 20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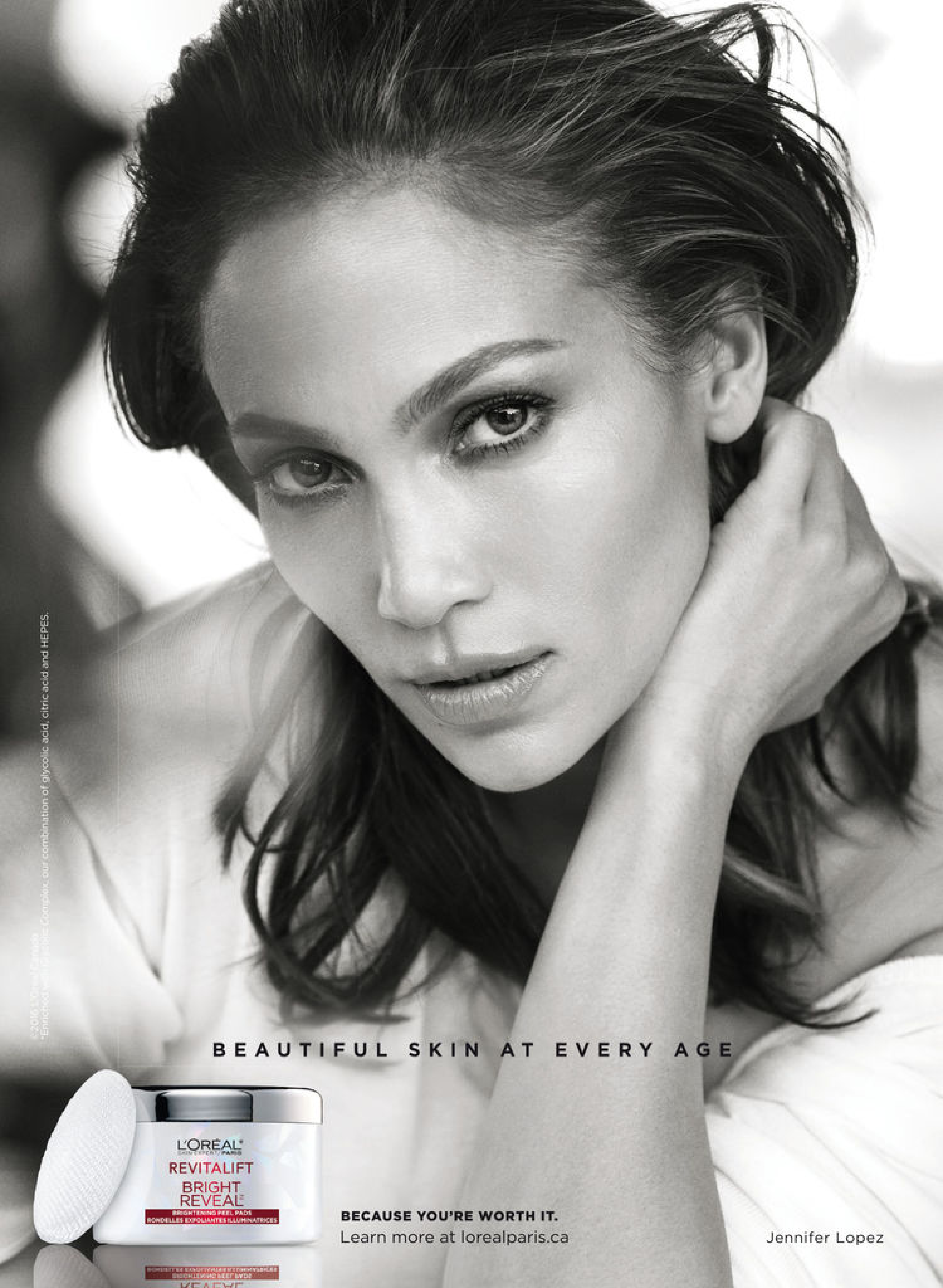
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Jennifer Lopez

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September

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Volume 89,
Issue #09

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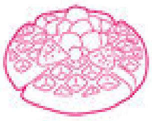
STYLE PHOTO, CARLYLE ROUTH. HOME PHOTO, SIAN RICHARDS. GYM BAGS PHOTO, ERIK PUTZ.

CHATELAINE TWITTER POLL
WAFFLES OR PANCAKES?



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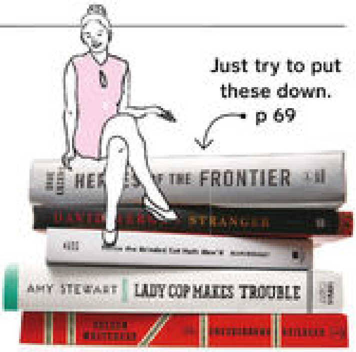

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TRIPLE TESTED CHATELAINE

We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at testing@chatelaine.com.

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PHOTOS, ERIK PUTZ. ILLUSTRATION, LEEANDRA CIANCI.

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In the game

In my early 20s, when my career path was still in flux, a very helpful friend gave me a vintage board game called What Shall I Be? The Exciting Game of Career Girls. It was an educational game introduced in the mid-'60s that invited girls to explore the myriad (okay, six) career options available to them at that time: teacher, nurse, actress, model, ballet dancer and airline hostess. These possibilities are then struck down one by one as players draw cards that render them unfit for this profession or that. "You are overweight," one card says. "Bad for: model, ballet dancer and airline hostess." "You are a slow thinker," reads another card. "Bad for: airline hostess and nurse." This game was a major crowd-pleaser 15 years ago—a hilarious romp through a bygone era of hackneyed gender stereotypes. But I thought of it again this summer after seeing the *Ghostbusters* remake.

Anyone who grew up in the '80s will remember the original movie phenomenon: the action figures, the inescapable theme song, the fast food tie-ins and Halloween costumes complete with plastic proton packs and green ectoplasmic goo. By 1984, when the original movie hit theatres, career options for women had expanded considerably since What Shall I Be? but busting ghosts was evidently not among them. *Ghostbusters* was a boys-only zone, and if we didn't know it then, we know it now, thanks to the furor that broke out after the remake's all-female cast was announced in 2015. For months, director Paul Feig—best known for the female-led blockbuster comedy *Bridesmaids*—was subject to online trolling from grown-up male *Ghostbusters* fans who refused to stand by while he ruined this seminal film by casting female stars (forget that these women are among the top comedic actors working today). "I wanted for little girls to be able to see themselves up on the screen," Feig later told *New York* magazine. "The original one exists, so you can see boys doing it, but how fun for girls to have this experience!" And it's true: It is thrilling to see this band of misfit lady ghostbusters racing around Manhattan vaporizing demons—and to think that my daughter, when she's a little older, might want to play with the new generation of *Ghostbusters* action figures (one more career option to add to her list of What Shall I Be?).

Representation in the arts—in movies, music, even board games—is an essential way we open ourselves up to new possibilities. That's why it's so much fun to delve into our annual fall books guide (page 69). From a memory scientist to a CanLit legend to U.S. Supreme Court justice Ruth Bader Ginsburg, the authors of our 28 favourite books of the season show no shortage of imagination for what a girl (or anyone else, real or fictional) can be.

Lianne

Lianne George
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MISCELLANEOUS THINGS WE LEARNED THIS MONTH

Ice cream floats aren't just for kids.
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A lot of women think they're "too unfit" to go to the gym.
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There's such a thing as rain sneakers.
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SEPTEMBER
'16

notebook

What to read, watch, do and love this month

FIRST THING

Get back at it

Summer, it's been a slice. But after a couple of leisurely months, it's time to get back to work. To ease the transition, take a page out of middle schoolers' playbook: Back-to-school shop for yourself. From polka dot mouse pads to geometric paper clips, geeking out on adult school supplies is finally a thing.

*Black **pencils**, $22/set of 9, Sprouts Press **notebooks**, $32/set of 2, The Five-Minute **Journal**, $24, Tipsy Writer **pen holder**, $39, brika.com. **Highlighters**, $10/set of 5, black and white **calendar**, $15, 16-month **clipboard calendar**, $18, Happy Plugs **earbuds**, $40, floral **planners**, $34 each, clipboard **to-do list**, $13, indigo.ca. Happy Jackson **pencil set**, $14/set of 6 with eraser, Happy Jackson **lunch box**, $11, well.ca. **Mouse pad**, $16, **iPhone cases**, $24 each, fieldtrip.etsy.com. Tools to Liveby **paper clips**, $11/box, Tools to Liveby **scissors**, $25, paperpluscloth.etsy.com.*

photograph ROBERTO CARUSO

Age 32
Occupation Singer-songwriter
Hometown London, Ont.
Lives Toronto
Loves Her cat Benzimen Charles Mitchell, the New England Patriots, sleeping and pizza

MS. CHATELAINE

Jessica Mitchell

This singer from London, Ont. is bringing soul back to Canadian country music, a world ruled by Stetson-wearing dudes

By SARAH BOESVELD

In a genre where too many singer-songwriters manufacture faux despair to sell records, Jessica Mitchell's care-worn voice is a rarity. "Never loved the way that I loved you/You left a mark like an old tattoo," she sings in the first bars of her buzzy single "Workin' on Whiskey." You can hear that the loss is real, that life hasn't been easy.

The bluesy heartbreak ballad earned her a standing ovation at the Country Music Association of Ontario awards this past spring, along with comparisons to Adele for her soaring vocals and emotionally raw storytelling. The performance was a breakthrough moment for Mitchell, who'd faced rejection by an industry that collectively deemed her sound "too dark" for country radio, a medium dominated by the commercial twang of bro-country boot stompers. Weeks later, when she finally heard her song on the radio for the first time, Mitchell recorded a video of the moment, her face breaking into tears of joy and disbelief. It has been viewed over 63,000 times on Facebook.

Fifteen years earlier, Mitchell was a strung-out teenager in London, Ont., addicted to cocaine and reeling from her parents' divorce. She was also struggling with mental illness, later diagnosed as bipolar disorder—something she shares candidly with her audiences at shows. "That's how I roll," she says. "I'm very open about things." In October 2012, Mitchell's mother died after a decade of battling ovarian cancer. For a few months afterwards, she barely left her Toronto apartment. "There were moments when I was very close to not wanting to be on this earth anymore," she says. The turning point came when she started pouring her pain into her music, writing deeply personal songs. Soon after, Mitchell signed a deal with Slaight Music, went on writing trips to Nashville and began crafting a massive catalogue of rootsy, honest, melodic tunes. This September, she hopes to nab the trophy for best roots artist at the Canadian Country Music Association Awards, which will be hosted in her hometown. Then, she'll turn her sights on a follow-up record. She's grateful for her new-found success but glad it didn't come sooner. "I'm a stronger person now," says Mitchell. "I think people are latching on because I know who I am, and it shows."

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photograph SIAN RICHARDS

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THE CHECKLIST

Five things on our radar this month

FILM

COMEBACK CORNER

Name
Renée Zellweger

You know her as
Bridget Jones.

Or maybe
the woman who told Jerry Maguire, "You had me at hello."

You've confused her with
Chasing Amy's Joey Lauren Adams.

You barely thought about her till
she ramped up her razzle-dazzle as murderer Roxie Hart in 2002's *Chicago*.

Now she's back
as Bridget Jones, in *Bridget Jones's Baby* (in theatres Sept. 16).

Odds of success
7/10

ART

Portrait of the artist

Robert Mapplethorpe channelled near-religious devotion for his subjects, whether he was training his lens on counterculture heroes (Patti Smith, above) or controversial subcultures (BDSM). This month, the Montreal Museum of Fine Arts premieres *Mapplethorpe* a touring exhibition of the late artist's photos. His aesthetic is front and centre: the curves of a well-muscled back; the velvety innards of a flower— each picture transforms even the banal into sculptural art.

Runs Sept. 10–Jan. 22.

MUSIC

Singing with Streisand

One of the rare talents to achieve EGOT status (she's the winner of one or more Emmys, Grammys, Oscars and Tonys), Barbra Streisand is perfectly placed to unite stage, screen and song. She does just that on *Encore: Movie Partners Sing Broadway*, a collection that finds the veteran diva performing duets from the Great White Way with Anne Hathaway, Alec Baldwin and other Hollywood pals.

Out Aug. 26.

TV

Hot Supe

Netflix's *Luke Cage* fills in the backstory of the buff, brooding barkeep/superhero who hooked up with the titular star of Marvel's *Jessica Jones*.

Premieres Sept. 30 on Netflix.

FILM

Ms. Robot

When an angelic-looking android goes rogue in *Morgan* (in theatres Sept. 2), Kate Mara is sent to pull the plug. Morgan is just the latest onscreen AI (anti-)heroine to make trouble. Here, we chart her sisters.

Eve *Wall-E* · Samantha *Her* · Rachael *Blade Runner* · Ava *Ex Machina* · Fembot *Austin Powers: International Man of Mystery* · Maria *Metropolis*

MAPPLETHORPE PHOTO, © ROBERT MAPPLETHORPE FOUNDATION. USED BY PERMISSION. ZELLWEGER PHOTO, JASON MERRITT/GETTY IMAGES ENTERTAINMENT. HER PHOTO, JESSE GRANT/GETTY IMAGES. *BLADE RUNNER* PHOTO, WARNER BROS./CP IMAGES.

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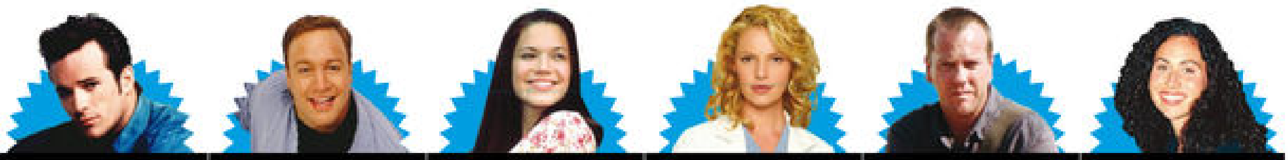
FALL TV FORECAST

Comeback season

Ten shows that prove everything old is new in TV land



	LUKE PERRY	KEVIN JAMES	MANDY MOORE	KATHERINE HEIGL	KIEFER SUTHERLAND	MINNIE DRIVER
YOU KNOW THEM AS	Dylan McKay on ***Beverly Hills 90210***, where his sculpted sideburns and James Dean swagger made him the resident bad-boy dreamboat.	The lovably schlubby delivery-man protagonist on ***The King of Queens***.	The beautiful but doomed love interest in ***A Walk to Remember*** (or a fictionalized version of herself on *Entourage*).	Izzie, a plucky intern who keeps falling for her colleagues on ***Grey's Anatomy***.	***24***'s Jack Bauer, a former federal agent with a mission to prevent terrorists from killing everyone.	The formidable matriarch of an upwardly mobile family of grifters in the offbeat comedy ***The Riches*** (or the beer-drinking math babe in ***Good Will Hunting***).
NOW THEY'RE BACK AS	Archie's dad on the live-action comic book adaptation ***Riverdale*** (The CW, TBA).	The lovably schlubby retired-cop protagonist on ***Kevin Can Wait*** (CBS, Sept. 19).	A mom-to-be who gives birth to twins on the soapy dramedy ***This Is Us*** (NBC, Sept. 20).	Sadie, a successful defence lawyer who falls for her client on ***Doubt*** (CBS, TBA).	***Designated Survivor***'s Tom Kirkman, an erstwhile politico who becomes POTUS after the entire White House staff is killed (ABC, Sept. 21).	The formidable matriarch of an upwardly mobile family with a son who has special needs in the offbeat comedy ***Speechless*** (ABC, Sept. 21).
WE PREDICT	Dylan McKay doesn't scan as dad	Dopey dude + hot wife = CBS hit.	It's the new *Parenthood*.	Laverne Cox co-stars #powerduo.	Jack Bauer for pres? Sure.	Minnie gets more badass with age.

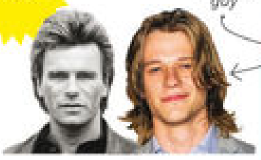
Big-screen hits get the small-screen treatment ↓

THE EXORCIST
Responsible for generations of head-spinning nightmares, the horror flick about a priest banishing evil spirits who've possessed a girl gets an update — starring feminist hero Geena Davis (Fox, Sept. 23).

TRAINING DAY
In this take on the intense 2001 Denzel Washington crime thriller, Bill Paxton stars as the crooked cop schooling a rookie played by Justin Cornwell (CBS, TBA).

LETHAL WEAPON
Damon Wayans and Clayne Crawford stand in for buddy cops Danny Glover and Mel Gibson in a revamp of the pre-millennial franchise about a veteran LAPD detective partnered with a loose cannon (Fox, Sept. 21).

BONUS



Don't Call Him MacGruber

MACGYVER, THE '80S HERO WHO COULD ESCAPE ANY BIND, IS BACK ON PRIME TIME. THE REBOOT UPDATES THE CRAFTY HUNK FOR THE INTERNET AGE, BUT HE IS NO LESS RESOURCEFUL. *(CBS, Sept. 23)*

PERRY, JAMES AND LETHAL WEAPON PHOTOS, EVERETT COLLECTION/CP IMAGES. MOORE PHOTO, ARCHIVE PHOTOS/STRINGER/GETTY IMAGES. HEIGL PHOTO, BOB D'AMICO/©ABC/CP IMAGES. SUTHERLAND PHOTO, ©20TH CENTURY FOX FILM CORP/CP IMAGES. DRIVER PHOTO, JUSTIN GOFF/GETTY IMAGES. '80S MACGYVER PHOTO, ©PARAMOUNT TELEVISION/EVERETT COLLECTION/CP IMAGES. NEW MACGYVER PHOTO, JEROD HARRIS/GETTY IMAGES ENTERTAINMENT.

LET'S TALK ABOUT THE BENEFITS OF ANTIOXIDANTS

Antioxidants are nature's way of protecting your body against harmful free radicals. Whether you've heard the term "free radicals" before in chemistry class or through your own experience learning about anti-aging, you probably know that they're bad news for healthy skin.

You can find antioxidants in a whole host of forms, from food to skincare products to supplements. One of the most well-known antioxidants is Vitamin C. Research suggests its antioxidant properties can offer a wide range of benefits.

Antioxidants are most effective when used in combination with lifestyle changes designed to improve skin health like drinking plenty of water, reducing trans fats and adopting a skincare routine that fits your skin type.

SKIN TIP

Clearly, a bright idea.

Want to see bright, beautiful results? Use the targeted Dark Spot Corrector after cleansing and before your daily moisturizer. It improves uniformity for a more even-looking skin **in just one week** and visibly reduces the look of dark spots **in just two weeks**.

TALK ABOUT ON-THE-SPOT RESULTS!

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- Zilia C, 30

Clearly Brighter Moisturizer

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- Ming N, 28

Dark Spot Corrector

"I thought my dark spots would be with me for life. This is the 1st product that actually made them fade. My skin looks more even than it ever has."

- Mylène B, 31

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Proof

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Pro POV

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- Sonjdra, Makeup Artist & Vlogger

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style

"Create the illusion of a few extra inches with a high-waisted pant. It instantly lengthens your legs."
—Vanessa Taylor, Style Director

Wide awake

The skinny pant's reign is officially over. This fall, we're all about the wide-leg trouser. Tailored around the waist and roomy through the legs, this menswear-inspired cut is perfect for cozy fabrics like fine wools and tweeds.

__Top,__ $425, judithandcharles.com. __Pants,__ $135, cosstores.com. __Bag,__ $288, roots.com. __Shoes,__ $130, marshalls.ca.

photograph CARLYLE ROUTH

TEST DRIVE

Black dry shampoo

The reviewer
Sadiya Ansari, Associate Editor

The promise
To cover up roots between colourings and restyle limp, second-day hair—with no white residue.

The verdict
Dry shampoo that won't make me look like I have more greys than I already do? Life-changing. Compared with other brands I've tried, this worked really well to absorb oil.

Bottom line
The black dry shampoo can transfer onto your hands (or onto the collar of a white blouse) if you run your fingers through your hair throughout the day. So either avoid wearing white clothes or stop playing with your hair.

AG Hair Jet Black Dry Shampoo, $28.

Conscious beauty

The biggest trend in beauty is to focus not on what's in the product but rather on what's left out. These cosmetics brands are all about simple, quality ingredients that work wonders

"I really believe in this mission: that women deserve a product that makes them feel beautiful, that really works and that's non-toxic."
—Gwyneth Paltrow, Juice Beauty's creative director, makeup

JUICE BEAUTY
Natural-beauty guru Gwyneth Paltrow is the creative director of this skincare brand, which now includes colour cosmetics made with certified organic ingredients. **1.** *Phyto-Pigments Ultra-Natural Mascara, $28.* **2.** *Phyto-Pigments Sheer Lip Gloss, $28.* **3.** *Phyto-Pigments Liquid Lip, $30.* **4.** *Phyto-Pigments Luminous Lip Crayon, $27.*

RMS BEAUTY
Makeup artist and founder Rose-Marie Swift's cosmetics are formulated with raw, organic, food-grade ingredients that are designed to hydrate, giving skin a radiant glow. **5.** *Living Luminizer, $48.* **6.** *Beauty Master Mixer, $48.* **7.** *Lip Shine, $32.*

BEAUTYCOUNTER
This brand has banned more than 1,500 harmful ingredients from its formulas and instead focuses on plant-derived ingredients and essential oils. **8.** *Colour Shade Eye Duo, $43.* **9.** *Lip Sheer, $38.* **10.** *Colour Pinch Cream Blusher, $46.*

Sneaks that you can wear in the rain? Sign us up. With a transparent thin rubber layer shielding your feet from the slush, these high-tops are a great alternative to a wellie. *Converse Chuck Taylor All Star II Rubber shoes, $100, footlocker.ca or townshoes.ca.*

NEW IN TOWN

Nordstrom

CHECK OUT NORDSTROM EATON CENTRE'S BEAUTY CONCIERGES. THEY BOOK COMPLIMENTARY MAKEUP APPOINTMENTS (MINI MAKEOVERS) AND ANSWER YOUR SKINCARE CONUNDRUMS WITHOUT THE PRESSURE OF A SALESPERSON.

Opening Sept. 16 in Toronto.

Etsy's pop-up markets

On Sept. 24, discover the brightest local talent at Etsy's nationwide one-day pop-up market. From Halifax to Whitehorse, and in 35 cities in between, over 2,000 Canadian artisans and crafters will be showcasing their creations. *etsy.com/ca/madeincanada.*

Bracelets from Nova Scotia's Distinguished Jewelry

ETSY.COM/CA/SHOP/DISTINGUISHEDJEWELRY. PALTROW PHOTO, GEORGE PIMENTEL/GETTY IMAGES.

photographs **ERIK PUTZ**

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Healthy skin equals beautiful skin.
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*Using 2 moisturizing oat formulas, AVEENO® Daily Moisturizing Body Wash & Lotion
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moisturizes for 24 hours
for beautiful, healthier-looking skin

A portrait of the writer, no filter

SKINCARE

More is more

The classic North American skincare routine involves three(ish) steps. This popular Korean version involves 10. I'm into it

By KATIE UNDERWOOD

I used to hate having stuff on my face. As a young dancer, I often felt like the ill-tempered baby ghost of Liberace when my mom painted lipstick and blush on my tiny features pre-recital. But even tomboys have their points of vanity: I wash my face twice most nights, and I am in possession of an ephemeral-sounding tonic called "essence." How did I get here?

A lifelong adherent of North America's cult of cleanse-tone-moisturize, I recently defected to the Korean school of beauty, which involves a rigorously choreographed 10-step routine—cleanse, cleanse again, exfoliate, tone; add essence, serum, a sheet mask, eye cream and lotion; and finish with an SPF-laced foundation. K-beauty is a maximalist process with a minimalist goal: The more painstakingly you tend to your skin's needs, the less makeup you'll need to disguise its pores and blemishes. It's a bankable idea, too: There are more than 1,800 beauty brands in South Korea—sometimes five stores to a city block.

"When you're walking down the street in Seoul, you'll notice women often look very youthful," says Maria Ioannou, national training manager for the Face Shop Canada (a K-beauty outpost). "It's not like they ask, 'What kind of makeup can I use to fix my dry patches?' It's 'What do I have in skincare to address this?'"

If this sounds like heresy to devotees of contouring and concealing, that's just cultural differences at work. But, I ask you, which is smarter: developing a borderline-religious skin ritual at training-bra age, as many South Korean women do, or sprinting to the Botox clinic to undo your post-pubescent sun worship around menopause?

I'll admit that snail-mucus creams (!) and cutesy sheet masks with cartoon puppy faces initially felt like overkill, but K-beauty wouldn't be a multi-million-dollar business in the U.S. alone—with its own section at Sephora—if there weren't some method to its multi-step madness.

Canadians are catching on too: The Face Shop now has more than 30 locations here, and K-beauty prizes like BB creams and cushion compacts continue to sell like crazy. Still, it's unlikely that we'll see a wholehearted embrace of Korean beauty ideals. (Under-eye bags are widely desired and given the affectionate nickname *aegyo sal*, which translates to "cute fat.") Personally, though, I like the ritualistic nature of K-beauty—even if some days I have only seven steps in me. I like the freedom of admitting, "No, I did not wake up like this." And, above all, when people ask me which miracle ingredient is responsible for my dewy-ish glow, I like replying, "Snail mucus."

1. OIL-BASED CLEANSER
Erborian Solid Cleansing Oil, $49.

2. WATER-BASED CLEANSER
Too Cool for School Egg Mousse Soap Facial Cleanser, $25.

3. EXFOLIATOR
Boscia Exfoliating Peel Gel, $42.

4. TONER
Calendula Essential Moisture Toner, $15.

5. ESSENCE
Estée Lauder Plus Micro Essence Skin Activating Treatment Lotion, $112.

6. SERUM
White Seed Brightening Serum, $41.

7. MASK
Real Nature Face Mask – Green Tea, $2.

8. EYE CREAM
Mizon Snail Repair Eye Cream, $29.

9. GEL-BASED MOISTURIZER
Boscia Sake Balm, $58.

10. SPF
Clinique Super City Block Cushion Compact, $43.

photograph ERIK PUTZ

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Katy Perry wears Katy Kat Eye mascara in Perry Blue and Katy Kat Matte in Sphynx.
Katy is wearing lash inserts.
KATY KAT MATTE
KATY KAT EYE
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Style Extras

In partnership with WINNERS

Run with it

We shopped the WINNERS fall collection for sophisticated sporty looks that are perfect for the season.

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$39.99

Dress
$39.99

Jacket
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Hat
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Jeans
$129.99

3 Piece Ring Set
$39.99

Sneakers
$79.99

Scarf
$24.99

Vest
$89.99

Sweater
$99.99

Boots
$149.99

Sunglasses
$79.99

CUT LOOSE

Relaxed, drapey and extremely comfortable are the key words for fall fashion. Doesn't that sound nice? Here are some foolproof ways to wear our favourite silhouettes, like wide-leg trousers, cozy sweaters and flowy maxi-dresses

STYLE DIRECTION **VANESSA TAYLOR** PHOTOGRAPHY **CARLYLE ROUTH**
MAKEUP + HAIR **BLAIR PETTY**

THE CROPPED PANT
This style offers the structure of a dress pant but in a relaxed, roomier cut. Pair with flats like oxfords and brogues or, to dress them up, a simple heel.

Blouse, *$265, judithandcharles.com.* ***Sweater,*** *$70, hm.com.* ***Coat,*** *$290,* ***pants,*** *$150, cosstores.com.* ***Shoes,*** *$130, marshalls.ca. Petalle Creations* ***necklace,*** *$34, etsy.ca.* ***Bag,*** *$570, coach.com.*

FASHION ASSISTANT, ERINN STEWART. MAKEUP & HAIR BY BLAIR PETTY FOR NARS COSMETICS/JOHN MASTERS ORGANICS/PLUTINO GROUP

THE TAILORED VEST

An easy alternative to the boyfriend blazer, a long vest (worn open or closed like this double-breasted cut) adds polish to your outfit. Look for styles with flattering seams (like darts along the torso that nip in at the waist) and a crisp lapel or collar to frame the face.

Sweater, $124, **vest,** $185, *bananarepublic.ca.* **Pants,** $135, *aritzia.com.* **Bag,** $234, *jcrew.com (available in November).*

THE SUEDE TOPPER
The classic trench becomes a wear-with-everything coat in this super-soft faux-suede material. It adds an instant hit of style to basics or the perfect finishing touch to dresses and skirts.

Dress, *$98, loft.com.* ***Coat,*** *$120, lechateau.com.* ***Earrings,*** *$45, pandora.net.* ***Scarf,*** *$35, jennifertorosian.com.*

SHOT ON LOCATION AT FLOCK IN TORONTO

THE NECKLACE SCARF

Whether it's worn loosely knotted around the neck (flight attendant style) or neatly wrapped (to double as a choker necklace), the silk scarf works with just about any neckline and is an easy way to incorporate a print into your outfit.

Top, *$50, hm.com.* ***Bomber,*** *$225, aritzia.com.* ***Pants,*** *$98, anntaylor.com.* ***Scarf,*** *$75, ebay.ca.* ***Purse,*** *$40, hm.com.*

THE COOL-WEATHER MAXI

We tend to pack our long dresses away in August, but a maxi in a darker or jewel-tone print is ideal for in-between temperatures (especially if you're ready for boots but not for hosiery).

Dress, $240, bananarepublic.ca. Cardigan, $225, cosstores.com. Shoes, $459, tigerofsweden.com. Earrings, $15, winners.ca. Bag, $395, mackage.com.

THE COORDINATED KNIT
Forget twin-sets. A ribbed or thicker-knit top-and-bottom set creates a streamlined look that's as comfy as PJs but a whole lot chicer.

Top, $30, ***skirt,*** $40, uniqlo.ca. ***Scarf,*** $295, smythelesvestes.com.

THE OVERSIZED SWEATER

The perennial favourite worn with broken-in jeans or cozy leggings can work with your 9-to-5 wardrobe too. Pair it with a tailored pencil skirt or wide-leg trousers to create that elusive casual-cool look.

Shirt, $59, joefresh.com. **Sweater,** $259, scotch-soda.com. **Skirt,** $129, anntaylor.com. **Earrings,** $95, jenny-bird.ca. **Bag,** $70, esprit.com (for a similar style).

THE MOODY LIP
From lightly tinted stains to precisely applied lipsticks, dark shades of plum, wine and chocolate brown are the hottest lip colour this season. Use a chubby pencil stick for controlled application.

***Coat**, $100, lechateau.com. **Earrings**, $45, pandora.net. **Beauty note:** Nars Velvet Matte Lip Pencil in Train Bleu, $33, sephora.ca.*

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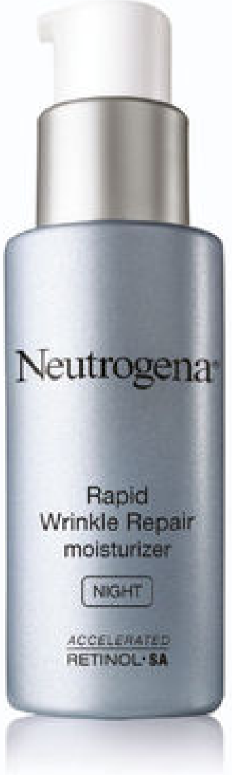

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#1 Dermatologist recommended*

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†Based on US data. Data on file.
*Adult skincare brand in North America, excluding Mexico. Data on file.

home

Look who's 40

The iconic Poäng chair, one of Ikea's longest-running and bestselling designs, has been gracing Canadian homes since 1976. The clean Scandinavian look and bentwood frame give it a timeless elegance and fabric updates give it a modern spin.

$299, ikea.ca.

Designer Noboru Nakamura's leather version is new for 2016.

photograph **ROBERTO CARUSO**

DESIGN LESSON

Entryway essentials

All you need for a stylish and functional entrance is these five key pieces: lighting, mirror, console table, area rug and storage

Pendant light, $790, modishstore.com. Mirror, $335, eltemkt.com. Lamp, from $168, anthropologie.com. Console table, $839, crateandbarrel.com. Grey basket, $165, thecrossdesign.com. Pink basket, $179, westelm.com. Rug, $598, anthropologie.com.

NEW & HOMEWORTHY

Reinvent the wheel

Designer and potter Jonathan Adler dug into his archives to re-release some of his all-time favourite vessels from the past 20 years. "I'm a craftsperson, first and foremost. Everything I make starts in the pottery studio," says Adler. "I work out all my ideas behind the pottery wheel."

From $76, jonathanadler.com.

Fun fact: *In 1978, 13-year-old Jonathan Adler fashioned his first piece of pottery. He was wearing a Rush concert tee.*

3's A TREND

Maximum-impact wallpapers

THE RIGHT TOUCH
This Andy Warhol–inspired pattern is printed on chrome Mylar, which picks up colours and movement in a room. *$454/roll, flavorpaper.com.*

ART DECORATE
British company Farrow & Ball marks its 70th anniversary with a wallpaper collection influenced by the postwar period. *$230/roll, farrow-ball.com.*

FAUX REAL
Digital printing allows for photo-realistic renderings of almost anything you can think of. Like a wall of fake encaustic tile. *$285/roll, newwall.com.*

ENTRYWAY AND WALLPAPER PHOTOS, ERIK PUTZ

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IS IT STILL A CRAVING IF I DON'T FEEL BAD?
DON'T JUST EAT IT. OWN IT!
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50 BEST decor tricks

1. **Go neutral for investment pieces.** Stick to creams, beiges and greys for your sofa and headboard. Get trendy with inexpensive items like pillows and accessories.

2. **Dimmer switches rule.** Add dimmers to light switches wherever you can. Lighting creates atmosphere, and dimmers give you the flexibility to create a mood.

TRENDS COME AND GO, BUT SOME DECORATING PRINCIPLES ARE FOREVER. FOLLOW THESE TIMELESS RULES TO TURN ANY SPACE INTO A WELCOMING HAVEN

By EMMA REDDINGTON | *Photography* SIAN RICHARDS

3. **Avoid impulse buying.** Plan your room out in advance — colour palette, materials, mood — to avoid spending money on items that don't work.

4. Accent pillows go a long way. Mix different-sized prints and patterns in your colour scheme. It's a simple way to pull a room together.

5. Corral odds and ends on a tray. Use a tray on a coffee table or sofa to group items like books, magazines and remote controls.

6

HANG ART LIKE A PRO.

Hanging art too high is a common design error. Ideally, the centre should sit about 57 to 60 inches above the floor.

7. Use the 3-to-6-inch rule. If you're mounting art over furniture, allow 3 to 6 inches of wall space above a sofa or headboard.

8. Frame art to great effect. As a general rule, use a thick frame for large art and a thin frame for small.

9. Textiles are for hanging too. Hang a quilt or a textile on the wall instead of art for added warmth and texture.

10. Choose your paint colour last. It's easier to find one of the thousands of paint colours to match your furniture and accessories than the other way around.

11. Use paint to add height to your room. Add a chair rail and paint the top half of the wall a lighter shade than the bottom.

12. Use it to add size too. Make a small room feel larger by painting the walls and the ceiling the same colour.

13. Don't be afraid of glossy paint. Create a high-impact space with multiple coats of paint for a super-shiny, lacquered look.

14. Paint your trim the same colour as your walls. Whether you're using a light or dark colour, this trick eliminates contrast and makes a room feel larger. It's also right on trend.

Angel Feather, behr.com.

Silver Ash, behr.com.

15

GO BOLD WITH WALLPAPER.

Small spaces like entryways are good spots to have fun with large-patterned wallpaper or bright graphic paint.

16. Invest in good light switches and plates. Outdated hardware can stick out like a sore thumb, especially on wallpaper. Contemporary or vintage switches and plates are inexpensive design upgrades.

17. Work with negative space. Don't try to fill every inch of your walls. Empty spots lend calmness and allow other design elements to pop.

18. Books are *objets*. Stack them on a side stool, fan them on a coffee table or display them on a console. They add colour, texture and interest to a room and inject a dose of your taste and personality.

19
LAYER YOUR LIGHTING.

The most interesting rooms combine ambient, task and accent lighting.

Ambient
Provides an area with overall illumination. Think of it as your general lighting.

Accent
Highlights a particular feature of a room like a piece of art or a statement chair in a corner.

Task
Illuminates areas used for specific functions, like a desk or other workspace.

20
ADD PATTERN WITH A PRETTY TABLE LAMP ON A NIGHTSTAND OR SIDE TABLE.

▲ $230, wayfair.ca.

▲ $277, lowes.ca.

▲ $213, wayfair.ca.

▲ $266, westelm.com.

21. Amplify the light. Add mirrors to reflect light. They give a room sparkle and a bright, open feeling.

22. Use symmetry. Another quick way to make a room look pulled together is to place a pair of matching lamps symmetrically on nightstands, on end tables or behind a sofa.

23. Centre your bed. If possible, position your bed so it can be reached from either side. It will make the room feel balanced.

24. A headboard makes a good focal point. It also makes a bedroom look finished. It's a good starting point to base your decorating scheme around.

25

TRY A LOW-HANGING PENDANT LIGHT.

Forgo the typical table lamp for a ceiling-hung light. It's dramatic and a great fix if your ceiling lacks a hard-wired connection.

26. Keep scale in mind. One of these art pieces wouldn't be enough to hold the wall, but four of them together present as a much larger piece and fill up the space nicely.

27

CHANGE UP YOUR SPACES SEASONALLY.

Bring out heavier blankets and rugs for fall and rotate in warmer fabrics and colours.

28. Identify a focal point in every room. It could be a mantelpiece, a framed view out of a window, a piece of art or even the range in the kitchen. Place your emphasis on this area and allow other parts of the room to be supporting players.

29. Consider a statement rug or art piece. Allow a beautifully patterned rug or a cherished piece of art to be the starting point for your decorating scheme. It's a quick way to easily establish a colour palette as well as a mood for your room.

30. Resist the urge to go overboard on a theme. Nautical references, like anchors and seashells, are great in small doses, but going too strong on one particular theme will make your room look cliché.

31. Move seating away from the walls. Gather pieces around a coffee table to create an intimate conversation area. A console table behind a sofa is another way to give a room some breathing space.

32. Choose rugs that are big enough for your rooms. At least two of your sofa's feet and two of your lounge chair's feet should overlap a rug in a living room. In a dining room, all of your chair legs should fit on the rug when the chairs are pulled out from the table.

33. Make sure your dining room table makes sense for your chairs. Most tables are 29 to 30 inches in height. If you have something lower or higher, look for chairs that are in proportion so that eating isn't uncomfortable.

34. Leave a little room for moving around. Ideally, a person should be able to walk behind a dining chair when it's pulled out.

35. Create an everyday centrepiece. Simplify your decor by committing to a default look for your dining room table. Consider items like statement candlesticks, decorative bowls and beautiful runners.

▲ *From $80, homesense.ca.*

▲ *From $93, westelm.com.*

▲ *From $223, wayfair.ca.*

37 CURTAIN RODS should be mounted at least 4 inches above the window frame.

38. Choose curtain fabric colour wisely. When the sun shines through an unlined curtain, the colour of the fabric can infuse your room, affecting your paint colour and the overall mood.

39. Make small windows look bigger. For a standard window, extend your curtain rods approximately 10 inches beyond the frame. For an especially small window, extend the rod even further on either side.

40. Make your room look taller. Hang drapery close to the ceiling to make the room look as tall as possible.

41. Mix window treatments like a pro. Layer textured blinds (something like bamboo or a roller shade) with curtains to achieve a rich, textured look.

42. Choose the right size of curtain panels. For a standard look, multiply the width of the window by two. This should equal the width of a single curtain panel. For a fuller look, multiply the width by three.

43. Use panel length to effect. For a clean look, measure from the height of the rod to the floor and make your finished curtains this length. If you want the curtains to break along the floor, add 2 inches. For a dramatic pooling of fabric, add between 5 and 8 inches.

44. Match your hardware. If you don't know what finish to choose for your curtain rod and hooks, use the doorknobs and handles in your room as a starting point.

45. Consider your sightlines. A house should flow from one room to the next. Think about views through doorways or, in an open concept space, from room to room to make sure they work as a whole.

46. Fresh flowers bring a space to life. Greenery is the cheapest, easiest way to add colour and vibrancy to a room.

47. Group objects in odd numbers. When creating a vignette, group items in threes, fives or sevens. Trust us — they will look better.

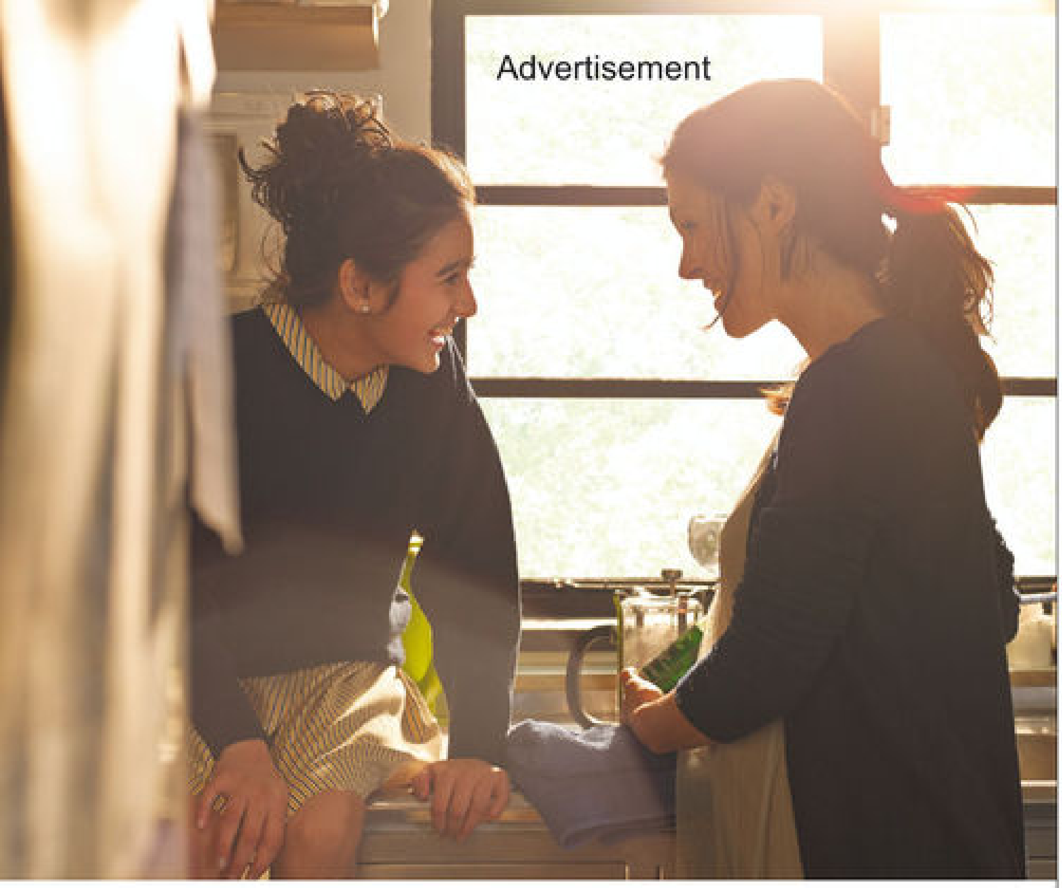
48. Edit your collectibles. If a piece doesn't fit, find another home for it or put it away until you find the right spot.

49. Treat all of the senses. Add music or a scented candle to a room to give it atmosphere.

50 YOU CAN ALWAYS CHANGE YOUR MIND.

Design misstep? Don't live with the regret. Paint it, sell it, redo it and move on!

Advertisement



It's a family affair

Making housework – from dinner dishes to dirty laundry – the responsibility of the whole family is good for parents and kids.

When was the last time your kids loaded the dishwasher? According to a recent survey*, 59 per cent of Canadians said that children spend less time doing chores today compared to when their parents were young, leaving busy households with a "chore gap".

children spend less time doing chores today...

Taking part in chores around the house, including laundry and prepping meals, might not sound like a big deal, but housework builds kids' self-esteem, and teaches them to care for others, so these small actions have the power to make a world of difference. "We need to invite kids to participate in the jobs needed to keep the home running smoothly. It's these contributions that make children feel valued, feel a part of the family, and build life skills," says parenting expert Alyson Schafer.

Helping Canadian families care for each other has inspired Whirlpool Canada to create innovative and technologically advanced appliances that fit seamlessly into family routines.

Consider the five strategies listed at right to get kids in the habit of helping out around the house.

1/ FIND THE FUN

Turn housework into family time by doing chores together. "If two people are setting the table or folding laundry, now it's together time and it's fun," says Schafer.

Whirlpool® Top Load Washer and Dryer can handle a week's worth of dirty clothes**, making laundry day a snap!

2/ BE A TALENT HUNTER

Get them motivated by tapping into their interests and abilities. For example, a budding chef will be eager to assist with meal prep and a tech-savvy kid can help research an app for tracking family chores.

3/ GET THEM TO PLAN

Help kids do a grocery checklist to ensure they have all they need for the week's lunches, creating a column for each day, and rows for specific items like veggies and special snacks.

Packing weekday lunches is easier for kids (and adults) when they can find what they need in the pantry-inspired Whirlpool® Smart French Door Refrigerator.

4/ GIVE THEM TIME

Preteens and teens will have more success with chores they can do at their own pace, like dusting or vacuuming. Give them a specific deadline though, to make sure the job doesn't get forgotten about.

5/ START THEM YOUNG

Even preschoolers can help out around the house. At dinnertime, for example, they can assist with washing veggies or placing napkins around the table. "Young kids are so eager – now is the time to capitalize on the idea that everyone in the household contributes," says Schafer. "This will set them up to be great helpers in the years to come."

For more information, visit **whirlpool.ca**

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Your risk of bleeding may be increased if you require urgent surgery.

For some blood thinners, doctors can use treatments to temporarily reverse the blood-thinning effects in an emergency.

Prepare for the unexpected

Learn more about your options at **red-fish.ca**
and talk to your doctor today.

health

This hydrating gel cream is specifically designed to cool you down post-workout. *Origins Hit Refresh Cooling Moisturizer, $39, origins.ca.*

An interior sleeve holds a 15-in. laptop.

Packs into a small pouch.

Pack up

If resuming a regular fitness routine is on your fall to-do list, don't assume you'll bounce back into it: Set yourself up for success. Experts say you're more likely to hit the gym or yoga studio if your bag is constantly packed. A sleek, functional backpack makes it easy. Go compact if you're heading straight there and back; or, if hoofing it to the office is your way of squeezing in a workout, choose one that will hold everything you need for the day.

FROM TOP *$128, lululemon.com. $70, adidas.ca. $35, oakley.ca.*

photograph ERIK PUTZ

ROUTINE REBOOT: HOW TO SET GOALS AND STICK TO THEM

1.

Ask: Why am I pursuing this goal? This will help crystallize your motivation for making a change, which will increase your odds of success, says Marina Milyavskaya, an assistant professor of psychology at Carleton University in Ottawa. "For example, do you want to lose weight because your physician told you to, because your spouse is pressuring you or because it's personally important to you for your long-term health?"

2.

Make specific plans. At the start of the week, map out the exact dates and times you'll exercise. Or if eating healthier is the goal, take the time to plan meals and prepare food in advance. "[Do this until] engaging in the action that helps you move toward your goal becomes automatic," Milyavskaya says.

3.

Focus on the positive. Try not to think about how difficult it will be to get started, Milyavskaya says. "A lot of the actions required to achieve goals feel good in the moment or right afterwards — remember that feeling."

FITNESS TREND

Rock your workout

Bored of the treadmill? Try a high-energy Pound class, which involves using quarter-pound "Ripstix" to drum along to energetic beats while you move through a series of Pilates- and yoga-inspired exercises. Bonus: You'll improve your rhythm and coordination, and it's fun.

Find a class near you at poundfit.com.

More upbeat fitness classes

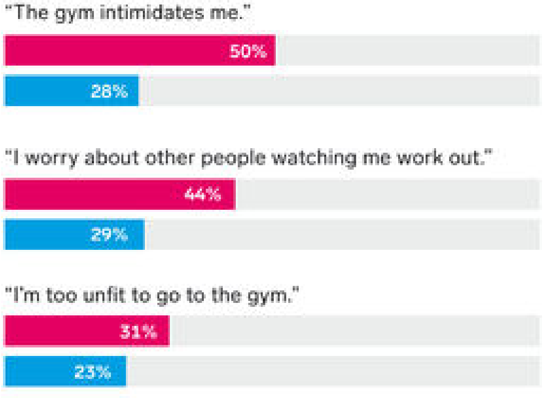
Orangetheory

Work through high-intensity intervals to achieve the "afterburn" effect, which boosts metabolic rate for 24 to 36 hours after a workout. *orangetheory fitness.com.*

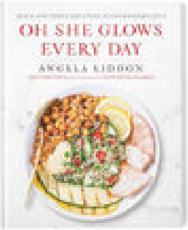
Pop star dance classes

Learn the choreography from your favourite videos (like Beyoncé's "Single Ladies"). *beyography.com, theunderground dance.com (Toronto); rsvp33.com (Vancouver and Calgary).*

Gym fears and the gender gap



SOURCE: *IPSOS POLL.*



MEALTIME INSPIRATION

Oh She Glows Every Day

By Angela Liddon, $32

If you want to try a #meatlessmonday routine, look no further than the latest cookbook from Angela Liddon, the Canadian behind the popular vegan blog Oh She Glows. *Oh She Glows Every Day* features more than 100 plant-based recipes for every meal, including 45 freezer-friendly recipes and 65 kid-approved dishes.

PHOTO, COURTESY OF POUND.

STRESS TEST #7226
Go undercover in an unstable country.
Break a major story.
Start a movement for social change.
Have people say it went viral
because you're pretty.
Prove them wrong.
Do it again.
STRESS TESTED FOR WOMEN
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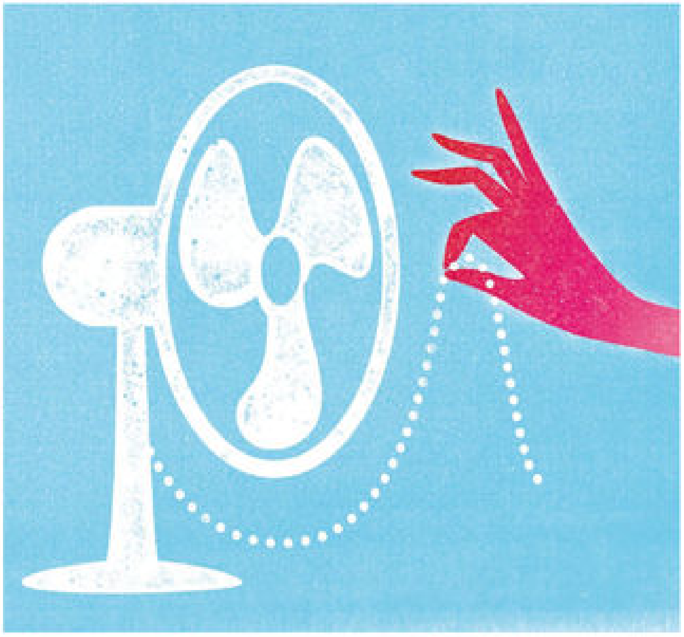
DR. DANIELLE MARTIN

Q: Is hormone replacement therapy for women going through perimenopause or menopause safe? It seems like the story keeps changing.

Let's start by defining those two stages. Menopause is 12 consecutive months without a period. Perimenopause is the time leading up to that, in which hormones are constantly shifting. For most women, that's between the mid-40s and early 50s. Your estrogen level doesn't start at peak level and then gradually decrease in a linear fashion—it fluctuates up and down until it reaches a point where you stop menstruating entirely.

Those hormonal changes can bring about all kinds of symptoms—hot flashes, night sweats, mood swings, disturbed sleep. Periods during this time can range from light to very heavy or they may disappear for many weeks at a time. Because these kinds of changes often seem dramatic, women may associate them with illness. The biggest challenge of this phase is accepting that unpredictability is, in fact, "normal" and shouldn't be pathologized.

Doctors used to tell nearly all women in this stage to take hormone replacement therapy (HRT) to protect their cardiac and bone health. We now know that was a mistake. A study called the Women's Health Initiative in 2002 showed us that HRT does have risks—including a small but significant increase in the chance of heart attack, stroke and breast cancer (those risks increase for women who take HRT for many years). And there is no evidence that "natural" or "bioidentical" hormones are safer. So our decisions about hormone therapy have to be individualized and take into account other risk factors. It shouldn't be thought of as "prevention" medicine, and it shouldn't be taken just to deal with irregular periods.



HRT is very effective in treating hot flashes, so it can help women whose experience of these is so severe that they have trouble functioning. It's also effective in treating vaginal dryness and atrophy—and it does prevent bone loss.

But we have to balance the potential benefits against the risks for that woman. If she has a family history of heart attack or stroke, has experienced blood clots in the legs or lungs, or is a breast, ovarian or endometrial cancer survivor—in other words, if risk factors start piling up—we would have a conversation about whether it's wise to further increase her risk by taking HRT.

So while HRT doesn't "fix" perimenopause or menopause, there is a role for it. The only way to know if it's right for you is through an individualized assessment with your doctor.

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.

CAN DRINKING BEER REDUCE YOUR RISK OF BREAST CANCER?

The research
In a study published in the journal *Chemical Research in Toxicology*, American researchers tested the effects of extract from hops — the flower cones that give beer a bitter taste — on breast cancer cells. They found that one hop-extract compound inhibited the chemical onset of cancer in estrogen.

The caveat
The study was performed in a lab; the extract and key bioactive compound might not react the same way in the body. The concentration of hops in an extract might also be different than in beer, says Mahnaz Khanavi, a research associate in pharmacognosy and natural medicines at the University of British Columbia. "There could be thousands of compounds in an extract but only one compound at work here. The concentration may also be completely different in different variations of the plant, especially from different countries."

The take-away
It's too early to say if a pint a day will make the risk of breast cancer go away. At the very least, a follow-up with a controlled human study is needed before hopping to any conclusions.
—Diana Duong

illustration CASIE WILSON

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Going through a dry spell?

You're not alone

Women talk to other women about everything. Everything, that is, except vaginal dryness. It's time to break the taboo.

Vaginal dryness may feel like it's only happening to you.
The accompanying painful intercourse is something you may be embarrassed by and reluctant to talk about with your friends or even your partner.

You're not the only one. Chances are your friends are experiencing the same symptoms.

Who does it affect?

Almost everyone.
Various life stages can cause vaginal dryness. If you're approaching menopause, or if you're at the opposite end of the spectrum and you've just given birth or are breastfeeding, you can be affected.

Other factors can include anxiety, over-exercising, taking certain medications, or coping with illness such as diabetes or cancer. Or, it could be just as simple and ordinary as dealing with factors related to your menstrual cycle.

You're in good company

Vaginal dryness is a common problem that affects many women at some point in their lives—nearly half of all postmenopausal women by some estimates[1].

Fortunately, there are solutions. Just ask your doctor or pharmacist.

There are products that may help

Replens Vaginal Moisturizer is a solution with a patented ingredient that provides long-lasting moisture that is both effective and safe.

Many women will experience a dry spell now and then – Replens can help ease the emotional and physical discomfort.

Vaginal dryness ranks among the 10 most common problems occurring during menopause[2].

Experiencing dryness is common– so is getting relief

Many women aren't aware of the symptoms or the causes of this intimate but widespread problem that can manifest itself physically and negatively affect psychological wellbeing:

SYMPTOMS:

- Painful intercourse
- Discomfort while standing, walking or even sitting
- Diminished sexual/personal confidence

CAUSES[3]:

- Some medications
- Treatments for diseases such as diabetes and cancer
- Excessive exercise
- Stress

Vaginal dryness is a common condition, but there are solutions to help alleviate the discomfort caused by dryness. Be sure to talk to a health care professional about possible options.

To learn more about the common symptoms and causes of vaginal dryness, visit ***replens.ca***

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[1] www.replens.com/FAB-Blog/Fighting-Vaginal-Dryness/49/What-Causes-Vaginal-Dryness.aspx
[2] www.bermansexualhealth.com/index.php/sexual-health/lifestyle/menopausal-health/vaginal-dryness/24-four-steps-to-non-hormonal-treatment-of-vaginal-dryness
[3] www.replens.com/FAB-Blog/Fighting-Vaginal-Dryness/49/What-Causes-Vaginal-Dryness.aspx

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What it feels like to have chronic cancer

After 26 months of chemotherapy, Aviva Rubin's rare form of lymphoma is in remission—but only temporarily. Relapse is a certainty. Now, she waits

By **AVIVA RUBIN**
Photography by **REYNARD LI**

I'm someone who waits for things to happen, bad and good: a better job offer, my roof to start leaking again, those wide-legged pants to come back into style. When I was diagnosed in 2013 with marginal-zone lymphoma—an incurable small-cell blood cancer that treatment can force into remission, but only temporarily—my waiting inclination became a formal assignment. I will never not have cancer again. Recurrence is a matter of when, not if.

My lymphoma manifested itself in a weird way. I had two oversized tumours, one in the wall of my vagina, and one in my face. The first was found via a Pap test, when the stick couldn't get to its destination; the second turned up during a CT scan meant to confirm there were no tumours anywhere else. So much for that.

This disease is an epic waiting game. First I waited for the diagnosis, then the prognosis, then the treatment plan, the blood work, the oncologist appointments, the chemo and the spinal tap results to confirm there were no tumours in my brain. When I tell people this lymphoma can't be cured, they often respond—albeit nicely—that I have a bad attitude. Come on, think positively. But no oncologist has told me there's even a remote chance it won't return. Right now, after 26 months of both active and maintenance chemotherapy treatments, it's in remission. It can stay there for five or eight or 10 years. What I do with the time in between is my choice. I don't have to see it as a waiting period, but I do. I am waiting for the relapse.

Until then, my formally scheduled relationship with Toronto's Odette Cancer Centre is over. When my oncologist, on whom I became quite dependent, would look at my blood results, feel my nodes and smile enthusiastically about my regular exercise, I felt protected. Now it feels like we should have some kind of ribbon-cutting ceremony to sever our ties—or take a moment to smash a bottle of champagne against the bow of survivorship as I float into uncharted waters.

Most people I know who have beaten cancer into remission want to put it behind them and live a full, cancer-free life. I seem to be doing the opposite—keeping my enemy close. I became involved with the Leukemia & Lymphoma Society as a peer volunteer and media spokesperson and took membership on the Patient and Family Advisory Council at the Odette Cancer Centre. I spent time teaching a "blogging through cancer" course at Gilda's Club. Have I developed an unhealthy dependence? Maybe. My identity is caught up in the disease.

"I can't leave cancer behind, even if I want to. My role as symptom spotter continues."

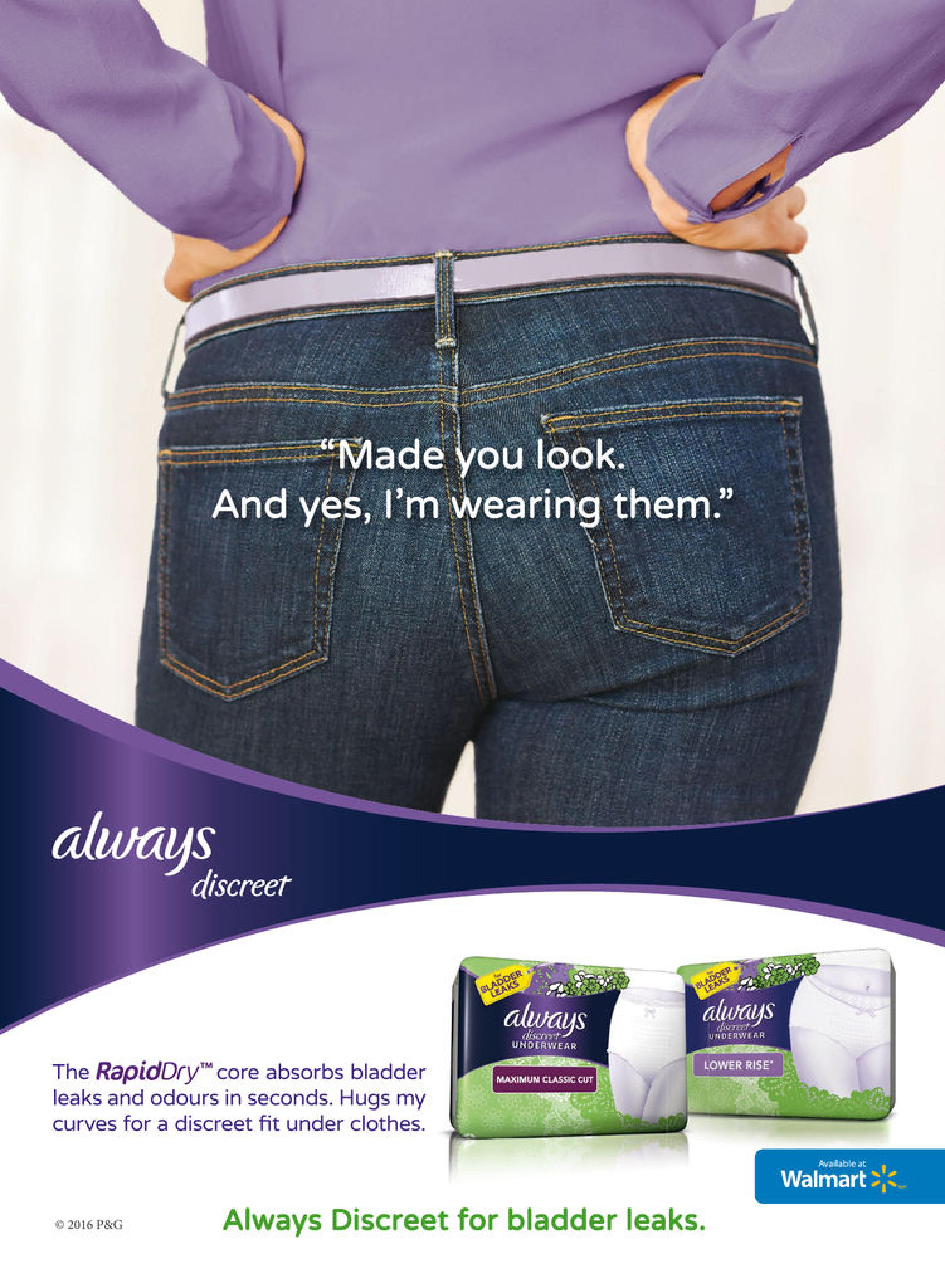
In the movies, surviving adversity often ignites a "seize the day" attitude. But the truth is I feel like I'm in limbo, and grabbing onto anything beyond the practicalities of daily life is difficult. The work of waiting for cancer to make a comeback is a great excuse for accomplishing very little. I look like I have a full plate—the leak in the roof, the teenagers, some exercise, volunteering—but really I just pick at it. My therapist tells me it's normal, this attachment to what I've been through. The combination of fear, sense of purpose, drive, listlessness and constant triggers leaves me unproductive, but on my toes.

What about the gratitude I should feel for having gone through this offensive disease and come out the other side? For the privilege of learning to appreciate life? Those are great things, but, for me, they are far more fleeting than I had hoped. And I can't leave cancer behind, even if I want to. My active disease-fighting job is done for now, but my role as symptom spotter continues. Is that twinge in my abdomen ovarian cancer? And what about that ache in my breast?

Leaving maintenance chemo behind is like shedding protective gear, handing back my main cancer-fighting weapon. Without it, I feel totally exposed. Chemo saved me once. It's likely to save me again. If maintenance chemo is effective in postponing the disease indefinitely, it's hard to accept that I can't keep at it. But the last time I met with my oncologist, she told me there was definitive evidence that there are no benefits—only downsides—to continuing maintenance treatments beyond two years. So I'm cut off from what I only fantasize is a lifeline.

Maybe my emotional dependence on treatment, which is so full of all the things I can't stand—the smell, the IV, the hours lost to worrying, the incessant loud banging of cancer that demands so much attention—will go away. I'm scared I'll fill the void with the sound of my own fear. Maybe I need to learn to just shut up. Maybe, if I let it, the sensation that I'm waiting for a relapse will fade into the background and allow me to live wholeheartedly in the moment.

I feel like I'm in limbo, and grabbing onto anything beyond the practicalities of daily life is difficult.



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NOT-SO-FRESH ADVICE
THE RECOMMENDED DAILY FOOD INTAKE FOR A 35-YEAR-OLD WOMAN, PER *CANADA'S FOOD GUIDE*.

OVER THE RAINBOW

Canada's Food Guide is lagging behind the times, and experts say it's feeding into our national health crisis. For a revamp to work, it will have to focus not just on what we eat (mostly snacks), but when (often), where (the car) and how (totally distracted)

BY KATIE UNDERWOOD | PHOTOGRAPHS BY ROBERTO CARUSO | FOOD STYLING BY ASHLEY DENTON

While *Canada's Food Guide* remains a colourful fixture in primary school classrooms and dietitians' offices across the country—its rainbow beams dotted with simple, recognizable snacks, like peanut butter, cheese cubes and vegetables—many nutritional experts have recently likened it to a conservative grandparent: well-meaning, but out of touch.

It's criticized for its ambiguous serving sizes and for failing to keep up with our understanding of how food affects health (the current version still take a hard line stance on saturated fats, for instance, and dedicates precious little space to trans fats). But it is also being outpaced by changes in the way we eat—a blind spot, some dietitians say, that is hindering our national health.

In the nine years since the guide's last revision, the pace of adult Canadians' lives has accelerated dramatically. Two-thirds of Canadian workers average more than 40 hours of work per week, there are now nearly as many active cellphones as there are citizens, and meal preparation, like time, has become a luxury. Many of us choose the path of least resistance to a full stomach—say, by inhaling a highly processed pre-made burrito in traffic—instead of cooking three square meals that fulfill our federally sanctioned daily intake.

Meanwhile, according to Statistics Canada, nearly two-thirds of us now qualify as overweight or obese, a two-fold increase since 1980. Over the same period, incidences of chronic weight-related ailments—like type 2 diabetes, heart disease and certain cancers—also mushroomed. Between 48,000 and 66,000 Canadians die of conditions linked to excess weight each year.

There are, of course, multiple forces contributing to our ballooning waistlines, but many experts agree the food guide, as it stands, isn't a strong enough foundation on which to base our national philosophy of eating. It's still referenced with stunning regularity: In 2015, the guide was downloaded more than 250,000 times, making it the second most downloaded government document, after tax forms. The feds still believe in its potential to influence the health of Canadians too: At press time, federal health minister Jane Philpott was overseeing a review of the guide to decide if another full-scale makeover is necessary. For a new iteration to be effective, however, experts say it needs to focus not only on what Canadians are eating but also on where, when, how and why.

Dietary guidelines the world over tend to fall in line with cultural norms: Greece's guide suggests that olive oil be consumed once a day, while potatoes form the bedrock of the Irish food pyramid. Canada's *Official Food Rules*, the first version of the food guide, released in 1942, was influenced by strict wartime rations and took a "health-protective" stance to keep Canadians in fighting form. In the freewheeling '60s, the government softened the language from "rules" to "guide" and factored in more dietary flexibility (and psychedelic colours). Health Canada pivoted again in 1982 with the release of the landmark

Report of the Committee on Diet and Cardiovascular Disease. Its priority was no longer staving off nutritional deficiencies but preventing chronic diseases, like obesity and diabetes, by recommending limits on salt, alcohol and saturated fat, the dietary villain of yesteryear.

Subsequent revisions, like the 1992 guide (which marked the first appearance of our beloved rainbow), showed a preoccupation with food groups, the largest of which was grains. In 2007, a $1.5-million update gave fruits and veggies top billing, broke down servings by age and gender for the first time, and included an interactive web version and a separate guide for Canada's indigenous populations to account for culinary diversity in our national diet. But to some, the edits and add-ons haven't gone nearly far enough.

In March of this year, the Standing Senate Committee on Social Affairs, Science and Technology released a 48-page report that examines the causes of the country's skyrocketing obesity rate. The results are bleak. According to the committee, Canadians live, work and graze in an "obesogenic environment," one that "makes it too easy to eat poorly and remain sedentary." Predictably, it points a finger at the proliferation of fast food outlets and smartphones, but one of its most damning indictments is left for the food guide, which it calls "at best, ineffective" and at worst, "enabling."

Mary L'Abbé, chair of the Department of Nutritional Sciences at the University of Toronto and director of the World Health Organization Collaborating Centre for Nutrition Policy for Chronic Disease Prevention, says that the guide was "probably state of the art, about 10 years ago," but the science has since moved on. The food guide disproportionately vilifies saturated fats, whose link to cardiovascular problems has been overestimated, we now know; it emphasizes nutrients rather than fresh, whole foods; and it gives a pass to modern-diet kryptonite like sugary fruit juice—or, as the Senate committee calls it, "a soft drink without the bubbles." Warnings about trans fats and highly processed "other" foods, which now make up a staggering 30 percent of our caloric intake, read like an afterthought on the guide's back page.

"Our biggest problem now is an excess of inappropriate choices, calories we don't need," says L'Abbé. To her, the most egregious misstep of most westernized food guides is their failure to consider poor eating behaviours and how they're perpetuated in the broader context of our grab-and-go world.

If the existence of UberEats, pre-peeled oranges and ramen bowls with built-in iPhone docks reveals one thing about North Americans, it's our appetite for efficiency—even at the expense of our health. Gillian Crowther, a professor of anthropology at Capilano University in North Vancouver, B.C., and the author of *Eating Culture: An Anthropological Guide to Food*, says our desire for stress-free, quick-and-dirty meals has sped past Health Canada's ability to modernize its literature. "The food guide reduces food to quantities of chemicals, whereas people just think, 'Oh, that looks tasty!'" she says. "If we're supposed to be busy all the time, and we've somehow got to fit in eating, we don't need [a tool] that adds to our anxiety. We need advice that's simple but fits our lifestyles."

THE FOOD GUIDE: A HISTORY IN PLATES

1942
Canada's "rules" recommended four to six slices of fortified bread and a serving of tomato (or citrus) daily, plus liver at least once a week.

1961
The new "guide" highlighted green and yellow veggies, slotted juice under "fruit" and presented beans as a meat alternative.

1977
This version established four food groups after combining fruits and vegetables into one. Lean meats (like poultry) and variety were emphasized.

1982
Mainstays of an increasingly outsourced diet (such as burger buns and processed cheese) were included. Alcohol was okayed—in moderation.

Health & Beauty

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I panicked –

My hair was thinning!

Maya was shocked by the change in her hair. Fullness and volume were replaced by thinness and lifeless hair. She had to do something. Here is her story:

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. It was thinning like never before. How could this be happening?

I had to do something

I found out my mother experienced the same problems when she was younger, and she simply accepted her fate. But so much of my personality is in my hair, and I did not want to have the same problems. I had read about the importance of hair nutrients, so I decided to focus on the inside rather than on the outside, and went looking for a good supplement.

My hair now feels fuller

I was recommended a natural product called Hair Volume™. I have now used it for 2 months and I am really satisfied with the product. My hair feels full and healthy and even my nails feel much stronger. The shedding has also almost stopped. This is proof to me that proper nutrition on the inside helps you look your best on the outside. I highly recommend Hair Volume to women who have the same issues as I had."

Maya N, Sweden

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Test Yourself	Yes	No
1. Do you find too much hair in the shower drain?	☐	☐
2. Does your hair look dull?	☐	☐
3. Does your hair break easily?	☐	☐
4. Do you notice more grey hairs?*	☐	☐
5. Do you find more hair in your brush?	☐	☐

If you answered "YES" to 2 or more questions, you may benefit from the Hair Volume supplement.

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*Hair Volume contains copper which has shown in some studies to help the hair regain color.

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To get a sense of just how complicated eating has become, Ipsos surveyed 20,000 Canadians from April 2015 through March 2016, making sure to track behavioural factors—not just what we ate, but where we bought it, why we chose it and what we were doing while we chowed down. According to Ipsos vice president Kathy Perrotta, convenience is paramount: 66 percent of eating occasions noted in the survey weren't traditional sit-down meals, like breakfast, lunch or dinner, but rather snacks. The average prep time for dinner—a quarter of which took place after 7 p.m.—was 25 minutes or less. Nearly half of all meals were consumed alone, and respondents engaged in "distracted dining" (for example, while texting or watching TV) a third of the time—a trend that a 2013 study in the *American Journal of Clinical Nutrition* linked to accidental overconsumption.

Millennials, Perrotta says, are the true torchbearers of our modern "what I want, when I want" philosophy of eating. They also have serious trust issues with Big Food: In May, a study released by the Canadian Centre for Food Integrity revealed that Gen Y is significantly less invested than other cohorts in advice from once-revered food authorities: farmers, food companies and, most important, government agencies. "You're not going to have a food guide that will fit everyone—society is now too diverse, and tastes are too personal," says Crowther. "But there are fundamental things we all do that [eating] plays a part in, like social relationships. If a government could tap into that sense of how we construct our identities through food, how it features in our lives, it's going to get at something."

Brazil, a country with a population nearly six times that of Canada, has managed to implement what many nutrition experts consider to be the Platonic ideal of dietary guidelines. In 2014, it led most European countries on the OECD's obesity index; later that year, the Sistema Único de Saúde, Brazil's national health authority, rolled out a revamped food guide anchored by one "golden rule": Always choose natural and minimally processed foods over ultra-processed ones.

It's not exactly a radical notion, but it stands out by virtue of acknowledging how people actually eat. "It wasn't about [holding up] specific foods, but creating general recommendations to broaden the autonomy of the Brazilian people," says Jean-Claude Moubarac, an assistant professor of nutrition at the Université de Montréal who consulted on the Brazilian guidelines. "You want to give [advice] on how to choose and prepare food, and then let people express their creativity—you have to let culture work." Brazil's guide also instructs readers on how to shop, emphasizes the upside of traditional, locally grown foods and calls out common barriers to healthy eating and the insidious power of junk food advertising. It even goes so far as to explicitly encourage cooking and eating slowly and mindfully in the company of others—not alone in your car while on Instagram—which, in 2016, is universally applicable advice.

Brazil isn't the only country testing more holistic approaches to national nutrition: In December 2015, Chile's health ministry launched El Plato de Tu Vida, a campaign that promotes cooking with kids as a way to combat childhood obesity. Qatar, Germany and Sweden have factored the environment into their guidelines, nudging their citizens toward more sustainable foods. (Sweden even went so far as to suggest limiting one's meat intake, as beef production is a massive source of greenhouse gases.)

On the home front, there are glimmers of hope that a revamped food guide can help Canadians rehabilitate their eating behaviours: In late June, Moubarac was invited to present his Brazilian research before Health Canada's nutrition bureau. The discussions were preliminary, but he says his audience "seemed very receptive." Another less intuitive source of healthy-eating optimism, says Crowther, is social media. If our feeds are constantly inundated with all manner of eye-grabbing food porn, she suggests, it's a good-enough sign that, even in 2016, we still hold a candle for a lovingly cooked meal. "Instagram frames eating as a social, shareable act—as part of how we belong in places—which is what all the world's cuisines are about," says Crowther. "We are who we are because of what we eat." C

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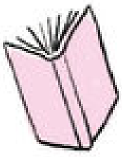
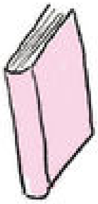
FALL BOOKS GUIDE



WHO do you want to spend TIME WITH?

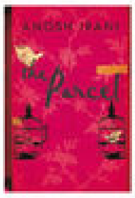


Settling in with a good book is a lot like hanging out with a close friend—making the time can seem impossible, but you're always glad you did. So we perused the season's buzziest titles for the most compelling characters, from a precocious fetus to a neurotic mother to Ruth Bader Ginsburg. There's someone here for everyone

By DANIELLE GROEN | Photographs by ERIK PUTZ | Illustrations by LEEANDRA CIANCI

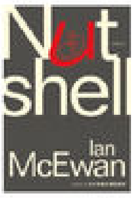
A memorable narrator

...IN A BOMBAY BROTHEL



Madhu was born a boy, chose to become a eunuch and identifies now as a third sex, known in Bombay's red-light district as a *hijra*. Madhu was the jewel of the brothel and a skilled teacher of sex workers. Now, in her 40s, she's begging in the streets—until she is brought back to prepare a trafficked girl for her fate, one neither of them can quite accept. ***The Parcel***, Anosh Irani, $32.

...INSIDE A WOMB



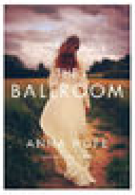
From a posh neuroscientist to an inept Cold War spy to a haunted nurse during the Blitz, Ian McEwan has conjured many indelible narrators, but this novel takes an entirely unique perspective: It's told from inside the womb, where a nearly nine-month-old fetus overhears not just the pillow talk of an affair but the planning of a murder. ***Nutshell***, Ian McEwan, $30.

A COUPLE WHO MAKE THE *GONE GIRL* GANG LOOK WELL-ADJUSTED

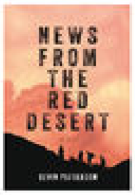
An infant goes missing, a family unravels and every single character tries to maintain a white-knuckle grip on their appalling secrets in Toronto author Shari Lapena's thriller, ***The Couple Next Door*** ($25).

Someone who found love in a hopeless place

In ***The Tobacconist*** ($25), from the Booker-nominated Robert Seethaler, three people collide in Nazi-occupied Vienna: a teenage villager named Franz; Anezka, the vaudeville dancer he's fallen for; and Sigmund Freud, dispensing some questionable advice.

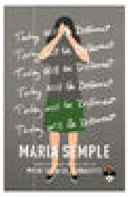


The Sharston Asylum separates men and women, but on Friday nights they're brought together in a ballroom to dance. It's here, in 1911, that Ella Fay (defiant factory worker) and John Mulligan (chronic depressive) begin a furtive romance that shapes ***The Ballroom*** ($25) by Anna Hope.



In Kevin Patterson's latest novel, ***News from the Red Desert*** ($32), Deirdre O'Malley, an American correspondent embedded with the Canadian infantry, tangles with the new general, a former flame who appears to have condoned torture.

A WOMAN taking care of her own damn self in...



A NEUROTIC
Twenty-four hours in the life of frazzled cartoonist Eleanor Flood, ***Today Will Be Different*** ($29) collects the type of quirky, delightful characters that filled Maria Semple's last novel, *Where'd You Go, Bernadette.*

A COMEBACK KID

Name
Jonathan Safran Foer

You know him as
the guy who wrote *Everything Is Illuminated* and the book about not eating animals.

Or maybe
the guy who struggled to sell his Brooklyn brownstone — until ex-wife and novelist Nicole Krauss bought it for a quarter of the list price.

You barely thought about him till
he started dating Michelle Williams last year.

Now he's back
with his first novel in more than a decade, ***Here I Am***, about the failure of a marriage. (Also, the invasion of Israel.)

Which is definitely
not an autobiographical novel, says Foer's editor.

Because
Foer has two sons, not three, and the wife in the book is an architect, not a writer. Different — see?

Odds of success
8/10

Super-complex real-life figures

Badass

Richard Cohen recounts his friendship with Nora Ephron in ***She Made Me Laugh*** ($36).

My Own Words ($40) collects the writings of the U.S. Supreme Court's notorious Ruth Bader Ginsburg.

From Brontë to Britney, Sady Doyle's ***Trainwreck*** ($35) examines the women we love to hate.

Jeffrey Toobin dissects the kidnapping and crimes of Patty Hearst in ***American Heiress*** ($39).

1

...the Alaskan wilderness

Dave Eggers' new novel, ***Heroes of the Frontier*** ($35), centres on Josie, a 40-year-old Ohio dentist who has ditched her failing practice, left her listless husband and bundled her two kids into an RV bound for southern Alaska. She'd like to reconnect with family and with nature, but family (her grudging stepsister) and nature (ample rain and wildfire) aren't as sure.

2

...militarized America

An affair leads to a pregnancy leads to a child stolen from Íso, the young, impoverished Guatemalan woman who anchors David Bergen's latest, ***Stranger*** ($30). Íso manages the journey across Mexico into a dystopian United States, where her disadvantages can't match her determination to reclaim her daughter.

3

...1950s London at Christmastime

Twelve-year-old snoop Flavia de Luce has been booted from her all-girls school in Canada and is back in England, peddling furiously around on her bicycle, looking for mysteries to solve. In Alan Bradley's eighth instalment of the series, ***Thrice the Brinded Cat Hath Mew'd*** ($30), she stumbles on a woodcutter's corpse, an indifferent kitty and an aggravating number of false leads.

4

...gun-happy New York in 1915

In Amy Stewart's 2015 debut, the amazingly titled *Girl Waits with Gun*, deputy sheriff Constance Kopp disposed of hardened criminals and sexist assumptions. In the even more amazingly titled ***Lady Cop Makes Trouble*** ($37), Kopp battles both again, teaming up with lady reporters and lady lawyers to chase an escaped baddie through the streets of Manhattan.

5

...the antebellum South

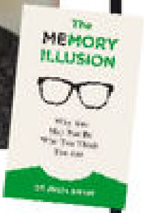
In ***Underground Railroad*** ($35), Colson Whitehead takes the metaphor and turns it literal: There is an actual train spiriting fugitive slaves through a historically unrecognizable America. Tennessee has burned to the ground; South Carolina boasts skyscrapers; North Carolina wants to ban both slavery and black people. The landscape changes, but Cora's resolve to find true freedom never wavers.

Laura Thompson explores the Mitford sisters, from classy novelists to rabid fascists, in ***Take Six Girls*** ($42).

Actually kinda bad

A NO-NONSENSE NEW MOTHER

Belle Boggs' memoir, ***The Art of Waiting*** ($23), explores her years of hope and fear as she tried to conceive her daughter. She speaks to people who chose adoption, chose surrogates or chose to stop trying, examining, with deep empathy, the many ways we build a family.



A memory hacker

Forensic psychologist Julia Shaw on our endlessly unreliable brains

You manipulate people's memories to convince them they committed crimes that never occurred. How'd you get into this line of work? There's a lot of research on faulty eyewitness testimonies and on false confessions, and I wanted to show that we can create false memories. I get people to access pieces of memories — of real people, real places and real emotions — but connect them in a way that never happened.

Is that because our memories and imaginations are similar? A lot of neuroscientists argue that imagination and memory are identical. It's the same cells doing essentially the same things. What usually differentiates them is these complex, multi-sensory components. But as soon as you take away those sights and sounds and tastes from a real memory, you can make people think something didn't happen. And the reverse is true: When we get people to picture these sensory components and emotions, imagined experience becomes so complex that it's neurologically identical to a real memory.

Why are our memories so ripe for messing with? When we form a memory, we form a network of associated brain cells spread all across the brain. It's like a subway map. To feel, see, smell and taste things in the memory, you need to access the many different parts of the brain responsible for those experiences. And each one of those pieces can be lost or reconnected in a way that's inaccurate.

I can't imagine multi-tasking does memory much good, either. Ugh, multi-tasking — my least favourite concept. Our brain can only focus its attention on one thing at a time. You can't do multiple things simultaneously: You're switching quickly from one task to another, and you're less likely to remember either of them. Put yourself in a quiet environment, filter out distractions and focus on one task at a time.

The Memory Illusion, Julia Shaw, $34.

A SPRAWLING FAMILY *with major drama*

Ann Patchett's seventh novel, ***Commonwealth*** ($35), follows the many members of the Keating and Cousins families across two states and five decades. Here, six more numbers

4

PARENTS whose marriages are realigned after lawyer Bert Cousins and beauty Beverly Keating have an affair.

CHILDREN who are suddenly thrust into Virginia summers spent together.

6

1

FATAL ACCIDENT

3

Number of times Fix Keating, a cop and Beverly's ex-husband, unsuccessfully takes the bar exam before calling it quits.

Years difference between youngest Keating daughter Franny and Leo Posen, her mentor/novelist/boyfriend/confidant.

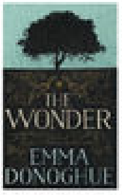
32

one

Novel-within-the-novel, also called *Commonwealth*, which Posen lifts wholesale from Franny's childhood and which reveals the truth about the accident.

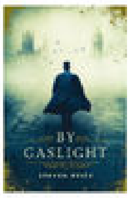
Interconnected strangers in historical times

LADY VERSION



Anna O'Donnell, a devout 11-year-old in a rural 1850s Irish town, is hearty and hale, despite fasting for four straight months — it might be a miracle, or it might be something more sinister. In Emma Donoghue's ***The Wonder*** ($33), British nurse, Crimean War vet and divorcee Lib Wright is dispatched to determine what's at work (and, okay, maybe fall in love).

LAD VERSION

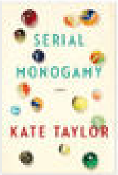


When a woman's body is pulled from the Thames, detective William Pinkerton holds his nose and teams up with a thief and an ex-prisoner to track down a notorious criminal connected to her fate. Steven Price's ***By Gaslight*** ($36) begins in 1885 London but broadens to Civil War battlefields and South African diamond mines before descending again into those Dickensian alleyways.

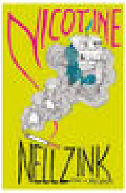
THE CANLITTIEST CREW EVER ASSEMBLED

Margaret Atwood introduces this Carol Shields adaptation of Susanna Moodie's classic ***Roughing It in the Bush*** ($23). Graphic artist Selena Goulding illustrates it, since Alice Munro is lousy at ink work.

Four more families, lots more drama

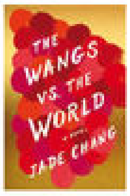


Kate Taylor's ***Serial Monogamy*** ($32) intertwines a modern-day affair with a Victorian one featuring Charles Dickens' mistress.



A property occupied by affable squatters comes between business-school grad Penny and her aging hippie parents in ***Nicotine*** ($34) by Nell Zink.

Gail Anderson-Dargatz's ***The Spawning Grounds*** ($32) centres on a B.C. salmon river that divides Aboriginal turf from a ranch owned by a white family.



A Chinese immigrant patriarch makes a killing in cosmetics, loses it all, then hits the road in ***The Wangs vs. the World*** ($34) by Jade Chang.

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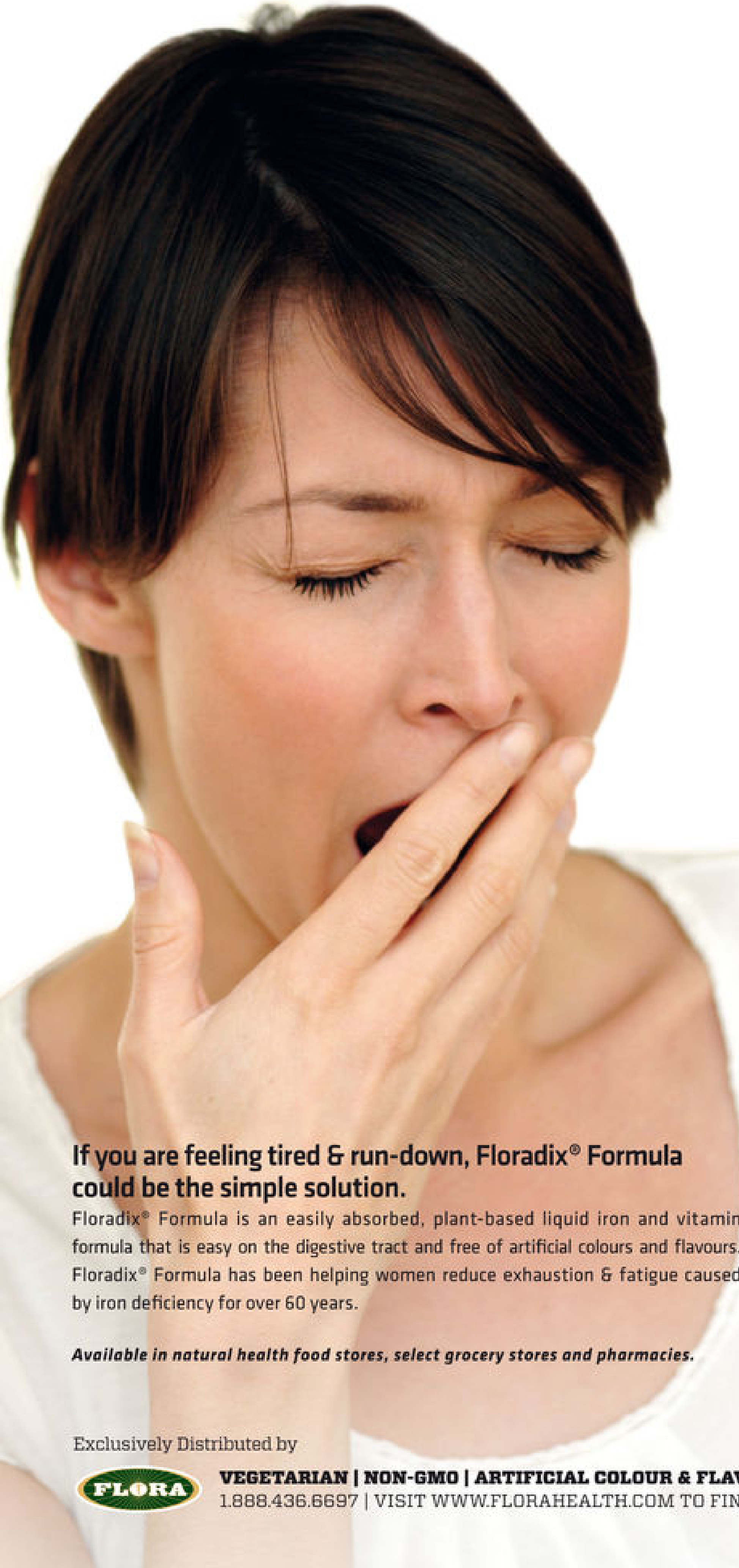

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Not the right time

I was happily married with two small kids. Then I found out I was pregnant. I had an abortion—a decision more women in their 30s and 40s are making than ever before. So why aren't we talking about it?

By **LAURA STRADIOTTO**

Photograph by **ERIK PUTZ**

Driving through the Rockies,

heading to a friend's wedding, back in 2010, I tried to hold down my lunch. I imagined it was the altitude or car sickness, but by the time we stopped for the night in Canmore, Alta., all I wanted to do was lie down. I felt queasy. I couldn't finish my glass of wine at dinner. I put my two-year-old son and six-month-old daughter to bed, curled up beside them and was out for the night.

As our family vacation neared its end, I felt no better than when we'd left our home in Northern Ontario one week before. My stomach was bloated, my head clouded like I was hungover. On the journey back, a little voice in the back of my head was getting louder and louder: Take a pregnancy test.

But how could I be pregnant? Since the birth of our second six months earlier, I could count on one hand the number of times my husband and I had had sex. With breastfeeding, night waking and the start of my son's terrible-twos tantrums, I wasn't in the mood. Still, I drove to the closest pharmacy and picked up a pregnancy test. I've peed on these sticks before, but I didn't feel the same adrenaline rush I had in the past. Just dread. When the pink line appeared across the window, my legs weakened and my skin flushed. I felt powerless, like someone had pinned me down.

I opened the bathroom door. My husband was sorting through a pile of dirty laundry. "I'm pregnant," I said. We sat down at the kitchen table with two glasses of red wine. My husband was working 70-hour weeks in the restaurant industry, and I was the primary caregiver to our children. My son still woke up crying several times a night, and I was nursing my daughter every few hours. Both wanted only me for comfort. I loved my babies to bits, but I was emotionally and physically drained.

I was also on two back-to-back maternity leaves, with no EI for the current one because I hadn't gone back to work after the first. I had even been debating whether to resign from my job as a reporter to work part-time or from home. We were not opposed to having more children, and there was a tiny part of me that thought we could make this work. Maybe if I had some help. Maybe if the kids were in daycare.

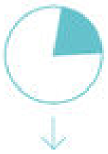
But the reality was we couldn't afford child care for two kids, and my husband couldn't cut back his hours at work. Our own parents were still working full-time, too, and I knew the responsibility of caring for all three kids would fall on me. I understood my capabilities and limitations as a mother. I would never be able to handle three children under three years old. It would place insurmountable pressure on my family, and I worried it would end my marriage. That night, we decided, together, to terminate the pregnancy.

I WAS RAISED ROMAN CATHOLIC, and so was my husband. We were told that abortion is a sin, just as wrong as adultery and murder. I'm not sure when I deviated from my religious upbringing, but I always believed a woman should be able to make her own decisions regarding reproductive health. At my all-girls Catholic high school, during a discussion on abortion, I was the only student in the class who said I'd terminate a pregnancy if my life were at risk. Everyone else said they couldn't imagine killing their unborn baby. My rationale was based on logic: Was my life not valuable? What if I had other children to take care of? So when I faced an unplanned pregnancy, I did not pray to God for guidance. Instead, my husband and I trusted each other.

Within a few days, I made an appointment at a local hospital's "options clinic" and spoke to the nurse, who explained my choices. But I had come in knowing what I wanted. After an ultrasound revealed I was seven or eight weeks pregnant, I had to wait another week for the procedure. It was the longest week of my life. I wanted it to be over.

When I finally found myself in the hospital waiting room, I was asked to sit in a corner designated for patients undergoing the same procedure, which allowed the doctor who would perform the abortions to address everyone at once. There were seven of us.

Sitting under the bright fluorescent lighting early that Friday morning, we were strangers with a common secret. But eavesdropping on these young women chit-chatting about boyfriends and social lives, I convinced myself that I was different. I was the oldest one there by a good five or 10 years. I wasn't single and promiscuous. I was a 32-year-old mother of two with responsibilities. I knew it was wrong to judge, but I found myself doing just that. The procedure seemed routine to them. One young woman revealed it wasn't her first abortion. Another



31%
Percentage of Canadian women under the age of 45 who have had an abortion

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teen, accompanied by her mother, spoke openly about her decision: She was in high school and couldn't manage a baby. The other women nodded in agreement.

I wanted to escape that corner of the room. I searched for something familiar and picked up an Archie comic. Glancing up periodically from its pages, I recognized many of the nurses and doctors in the hospital. They dined in the same restaurants and shopped at the same grocery stores as my husband and me. They lived in my neighbourhood. One nurse walked up to me and asked how I was. I didn't know what to say. She must have known why I was there.

I was home before noon, feeling groggy and cramped, and as soon as my head hit the pillow, I was out. My husband spent the afternoon with the kids and let me sleep for a few hours. Convincing him I was okay—or forcing myself to resume a routine—I took over and he went back to work. That evening, a friend came over with her toddler and we watched the kids chase each other around the living room while I held my youngest. I don't think I even offered her anything to drink. She was trying to have another baby and had suffered several miscarriages. I didn't dare tell her about my day.

MY HUSBAND AND I barely spoke about the abortion. And I was okay with that. I wanted to forget and I thought not talking about it would help me move forward. The truth was, for weeks after, I thought about the abortion constantly. I remembered the miraculous feeling of a tiny life growing inside of me. I would estimate how far along the fetus would be. For strength, I reminded myself why I'd had the abortion in the first place: to be a better mother. It became a mantra.

I resigned from my full-time job and started to freelance from home. I said it would help balance my family and work life. But I made this career move largely to honour my reason for ending the pregnancy. As my son and daughter became little independent human beings, my husband and our extended family stepped in to play a larger role in their lives. My children no longer depended on me every waking—and sleeping—moment, and they were thriving. It was a huge relief. I felt closer to my husband than ever before. I was more relaxed as a mom and could dedicate more time to my career. Our family was in a good financial position. So when I learned in early 2013 that I was expecting, there was no sense of doom. It was different this time around. We welcomed our third child, a boy, in late 2013.

Over the years, I've started to open up to some friends and family about having an abortion. Three years ago, my sister, a young mother of two who has suffered from severe postpartum depression, learned she was pregnant. The father didn't want another child. She did, but she was traumatized by her previous depression and afraid the same sense of paralysis would return. I wanted to let her know that she had options. Most important, I wanted her to know I supported her unconditionally. Accompanied by her partner, she made the trip to a Toronto clinic a few days later.

Then, last summer, I was sitting with a friend in a coffee shop, reading the paper, when I saw that Health Canada had approved mifepristone, a pill used at home to end pregnancy in the first trimester. The article debated the drug's legal and moral implications and said that many pro-life organizations wanted the government to stop distribution. That stance felt like a personal attack. If this drug had been available to me six years ago, I would have, without a doubt, used it and spared myself the humiliation of having to go to a hospital in a small town. "I had an abortion," I blurted out to my friend as I read the news. It was the first time I'd said it without hesitation or fear. She was taken aback but acknowledged the decision must have been a tough one. "I don't regret it," I said. "It was the best decision I could've made for my family." We sat in silence for a while and then I turned the page to the arts section.

"I don't feel ashamed. And if you see yourself in this story, neither should you."

60%
Proportion of all countries, now including Canada, that have approved mifepristone, a drug to terminate first-trimester pregnancies at home

30s & 40s
IN CANADA, MORE WOMEN IN THIS AGE GROUP HAVE ABORTIONS THAN WOMEN IN THEIR TEENS

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INNOVATION

September Spotlight

This year, *Chatelaine* partnered with **Product of the Year Canada** to identify the best new goods on the market. Here are some of the winners

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Retail Price: $19.99

Rimmel London Brow This Way Gel
Winner in the Brow Care Category
Retail Price: $8.99

Vaseline Lip Therapy
Winner in the Lipstick/Lip Care Category
Retail Price: $3.47

Dove Men+Care Complete Care 2 in 1 Shampoo + Conditioner
Winner in the Men's Toiletries Category
Retail Price: $8.00

Learn more about these products at productoftheyear.ca

THAT COFFEE SHOP CONVERSATION stayed with me. I realized that not only was I okay with having had an abortion, I wanted to share my experience and defend my decision. I had been stunned to learn that one out of every three Canadian women under the age of 45 has had an abortion. If abortion is this common, why aren't women talking about it more openly? What is preventing more of us from taking a stand on the right to access abortion services and assert control over our reproductive choices? Six years ago, sitting in that hospital waiting room, I was convinced I didn't belong with the other women there. I identified as pro-choice, but I harboured my own stereotypes: Women who had abortions were young and irresponsible, not wives and mothers like me. In fact, in 2011, there were more abortions performed on women in their 30s and 40s than on women in their teens, according to the Canadian Institute for Health Information. More than half of those who terminate a pregnancy already have children. We represent the majority of women who access this medical service, so we should own our place in the abortion debate. This is why I'm telling my story. But before I shared it with Canadians, I had to tell my parents. I worked up to it at their home, where I grew up. "I need to tell you something," I said to them. "I had an abortion six years ago." Silence.

I am the eldest of five siblings. My mother almost never challenged me—she didn't question my decision to backpack across Europe as a teenager or, a decade later, to follow a doctor to Sri Lanka to write about his work when the country was on the brink of civil war. But this, I could see in her eyes, was very different. Abortion was acceptable in some circumstances, she agreed, but this wasn't one of them. I was stronger than I gave myself credit for, she said. I could have handled another child just fine. She said she'd been better off not knowing. I looked at my father. "That's life, I guess," he finally offered. A week later, my mother brought up the subject again. She wasn't troubled just by my abortion but by the fact I was willing to write about it under my name. She warned that I wasn't thinking clearly. When you're living in a small city, this decision will follow you everywhere, she said.

I'm a few years short of my 40th birthday. I don't really care what people think of me. But the woman who brought me into this world wasn't convinced. Her hurt was real, and I couldn't ignore that. And that's why, for some time, I struggled with whether to write this anonymously. In the end, I used my own name. I understand why so many women stay silent, but I won't anymore. I don't feel ashamed. And if you see yourself in this story, neither should you. We've held our collective breath for too long. Let's begin to let it out together.

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Float away

Monster-sized milkshakes stacked with doughnuts, cotton candy and chocolate bar toppings are great for Instagram likes, but for a tasty, grown-up take on the over-the-top soda-fountain-treat trend, we'll opt for this tangy, spicy float.

GINGER BEER FLOAT Skewer 2 or 3 **candied-ginger slices** onto each of 2 drinking straws. Pour cold **ginger beer** into 2 chilled glasses until three-quarters full. Top each glass with 2 large scoops of **ginger or vanilla ice cream.** Dollop with **whipped cream** Add candied-ginger straws and **pizzelle cookies.** Serves 2.

FOOD STYLING, ASHLEY DENTON. PROP STYLING, JEN EVANS.

photograph **ERIK PUTZ**

Beet greens are even more nutrient-rich than their ruby roots.

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Green team

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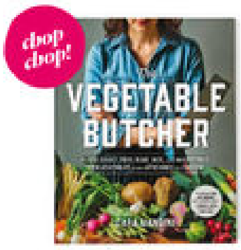
408

THE PERCENTAGE OF AN ADULT WOMAN'S DAILY RECOMMENDED VITAMIN K* IN 1/2 CUP COOKED BEET GREENS

*essential for bone health and preventing heart disease



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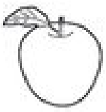
The Vegetable Butcher

$45, amazon.ca

Cara Mangini, a former executive at Bumble and Bumble hair products, quit her corporate life to work at Mario Batali's Eataly and on an organic farm in Napa Valley. She then opened Little Eater, a produce-focused restaurant in Ohio. Her first book offers tips and step-by-step photos on storing, breaking down and cooking with veggies, plus more than 150 recipes.



Storage wars

Tips to extend the shelf life of market fruit and veg

Heavy hitters
Choose fruits and vegetables that are firm, deeply coloured and heavy for their size.

Under wraps
Remove rubber bands or metallic ties from vegetables before storing, and wrap in paper towel (to absorb the moisture that can contribute to spoilage).

Dirty work
Refrigerate produce unwashed (again, moisture is the enemy!), and allow for air flow (no more cramming into drawers!).

Keep 'em separated
High ethylene levels expelled from fruit can cause vegetables to spoil too quickly.

Cellar dwellers
Keep onions, potatoes, garlic and squash in a cool dry place but out of the fridge.

Counter proposal
Fruits that will continue to ripen, such as avocado, tomato, mango, melon and apple, should be kept out on the countertop.

The OXO GreenSaver system controls ventilation and humidity to keep produce crisp and fresh. *$33, bedbathandbeyond.ca.*

GREENS PHOTO, ERIK PUTZ.

CRACKER BARREL
CRACKER BARREL SHREDS EXPERTLY BLEND UP TO FOUR CHEESES FOR NATURALLY IRRESISTIBLE FLAVOUR, FRESH OFF THE BLOCK.
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Use a serrated knife to cut through the delicate tomato skin without smushing the flesh

FOOD STYLING, ASHLEY DENTON

9 WAYS WITH

Tomatoes

When sweet, juicy tomatoes are at their prime, follow this strict daily regimen: Buy, eat, repeat.

1. Fresh Tomato Salsa

Serves 6

Prep 10 min; **total** 10 min

1	beefsteak tomato, finely chopped
½	jalapeno, seeds discarded and finely chopped
¼ cup	finely chopped onion
¼ cup	packed chopped cilantro
1 tbsp	lime juice
¼ tsp	salt

1. Combine tomato with jalapeno, onion, cilantro, lime juice and salt in a medium bowl. Serve with tortilla chips.

2. Homemade Marinara Sauce

Makes 5 cups

Prep 15 min; **total** 35 min

10	large vine-ripened tomatoes, about 2 kg
2 tbsp	olive oil
1	onion, finely chopped
1	garlic clove, minced
156 mL	tomato paste
1 tsp	granulated sugar
1 tsp	salt
¼ cup	chopped fresh basil

1. Seed and coarsely chop tomatoes. They should measure about 10 cups.

2. Heat a large saucepan over medium. Add oil, then onion and garlic. Cook until onion is soft, 3 to 4 min. Stir in tomatoes, tomato paste, sugar and salt. Season with fresh pepper. Cook, stirring often, until thickened, about 15 min. Stir in basil. Toss with cooked pasta or use as dip for garlic bread.

Per cup 135 calories, 4 g protein, 20 g carbs, 6 g fat, 5 g fibre, 506 mg sodium. Excellent source of vitamin C.

3. Cherry Tomato Jam

Makes 1 ½ cups

Prep 5 min; **total** 30 min

580 g	cherry tomatoes, about 4 cups
2 tbsp	cider vinegar
2 tbsp	honey
¼ tsp	Worcestershire sauce
¼ tsp	salt
1 to 2 tsp	sriracha hot sauce (optional)

photographs SIAN RICHARDS

1. Stir tomatoes with vinegar, honey, Worcestershire and salt in a saucepan. Cook over medium, stirring often, until saucy, 16 to 20 min. Reduce heat to medium-low. Simmer until mixture starts to thicken, 10 more min.
2. Remove from heat. Stir in sriracha. Serve on burgers.

4. Tomato & Grape Summer Salad

Serves 4

Prep 10 min; **total** 10 min

510 g grape tomatoes, halved
2 cups seedless grapes, halved
1 cup chopped parsley
¼ cup olive oil
¼ cup white wine vinegar
1 tsp granulated sugar
1 tsp dried basil
1 tsp dried oregano
½ tsp salt

1. Stir tomatoes with grapes, parsley, oil and vinegar in a large bowl. Sprinkle with sugar, basil, oregano and salt. Toss until well coated. Makes 6 cups.

Per serving 208 calories, 2 g protein, 21 g carbs, 14 g fat, 3 g fibre, 305 mg sodium. Excellent source of vitamin C.

5. Fresh Tomato Soup

Serves 4

Prep 15 min; **total** 25 min

8 medium beefsteak tomatoes
2 tbsp olive oil
2 large shallots, finely chopped
1 tsp granulated sugar
½ tsp salt
3 tbsp chopped fresh parsley

1. Grate tomatoes using a box grater. Discard skins.
2. Heat a medium saucepan over medium. Add oil, then shallots. Cook until shallots are soft, 2 to 3 min. Add tomatoes, along with sugar and salt. Season with fresh pepper. Simmer for 5 min, then stir in parsley.

6. Roasted Tomato Pasta

Serves 4

Prep 10 min; **total** 25 min

510 g grape tomatoes
2 tbsp olive oil
¼ tsp salt
3 tbsp orange juice
500 g egg pappardelle pasta
113 g herbed goat cheese, crumbled (optional)

1. Preheat oven to 400F. Arrange tomatoes on a parchment-lined baking sheet. Drizzle with oil. Sprinkle with salt. Season with fresh pepper. Roast in centre of oven, stirring halfway, about 15 min.
2. Transfer tomatoes to a large bowl. Mash well with a fork. Stir in orange juice.
3. Meanwhile, cook pasta in a large pot of boiling water following package directions, omitting salt, until tender. Drain and add to tomatoes. Toss until pasta is coated. Divide among 4 pasta bowls and top with goat cheese.

7. Grilled Cherry Tomato Bruschetta

Serves 6

Prep 15 min; **total** 20 min

580 g mixed-colour cherry tomatoes, halved
2 tbsp extra-virgin olive oil, divided
1 tbsp red wine vinegar
¼ tsp salt
6 1-in. slices crusty Italian bread
2 garlic cloves, cut in half
¼ cup chopped fresh basil

1. Preheat barbecue to medium. Stir tomatoes with 1 tbsp oil, vinegar and salt. Season with fresh pepper.
2. Barbecue bread slices until lightly charred, 1 to 2 min per side. Transfer to a plate. Rub each with piece of garlic.
3. Drizzle with any tomato liquid, then spoon tomatoes on top. Drizzle bruschetta with remaining 1 tbsp oil. Sprinkle with basil.

8. Smoky Tomato Dip

Serves 4

Prep 20 min; **total** 25 min

1 tbsp + ¼ cup olive oil, divided
2 small onions, finely chopped
3 garlic cloves, sliced
½ tsp hot-red-chili flakes
½ tsp salt
¼ tsp coriander
¼ tsp cumin
3 plum tomatoes, seeds discarded and diced
2 tbsp lemon juice
½ tsp smoked paprika

1. Heat a medium frying pan over medium. Add 1 tbsp olive oil, then onions. Cook, stirring often, until golden, about 6 min. Stir in garlic, chili flakes, salt, coriander and cumin. Cook for 1 min. Stir in tomatoes and cook until they begin to break down, 4 to 5 min.
2. Scrape into a food processor with remaining ¼ cup olive oil, lemon juice and smoked paprika. Whirl until smooth. Serve with pita chips.

9. Grilled Caprese Pizza

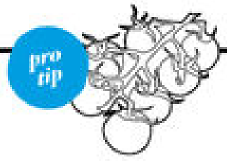
Serves 4

Prep 10 min; **total** 20 min

¼ cup white balsamic vinegar
1 tbsp granulated sugar
1 tbsp olive oil
1 garlic clove, minced
180-g thin pizza crust
3 plum tomatoes, thinly sliced crosswise
250-g ball fresh mozzarella, thinly sliced
¼ cup fresh basil leaves

1. Preheat barbecue to low. Boil vinegar with sugar in a saucepan until syrupy, 2 to 4 min.
2. Stir oil with garlic in a bowl. Brush over pizza crust. Overlap tomato and mozzarella slices alternately on pizza.
3. Oil grill. Barbecue pizza, lid closed, until cheese melts, 4 to 5 min. Drizzle with glaze. Sprinkle with basil.

Per serving 354 calories, 14 g protein, 35 g carbs, 20 g fat, 3 g fibre, 417 mg sodium. Excellent source of iron.



FREEZE 'EM

For year-round summer flavour, cut out and discard the stem ends of the tomatoes, freeze them whole on a baking sheet, then seal in freezer bags. Slip off the skins with a knife under hot water and add to stews or soups.

The
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PLAY THE MARKET

It's peak season for endless varieties of fruit and veg, and when the produce is this good, we say let the ingredients shine. Here are simple ways to make the most of a farmers' market haul

Photographs by **ERIK PUTZ**
Food styling by **ASHLEY DENTON**
Prop styling by **JEN EVANS**

LEEK & PANCETTA GALETTE

P 102

Prep Tip: Cut leeks into rounds and soak them in a bowl of cold water. Swish leeks in water; grit will fall to the bottom of the bowl. Scoop out leeks.

BEET LATKES WITH SMOKED SALMON & CARAWAY SOUR CREAM

P 104

Beets' brilliant colour will stain everything the juice comes into contact with. Wash your hands and cutting boards quickly after prep, and immediately treat clothing with stain remover.

Substitute parsley for carrot tops if you're having trouble finding them.

ROASTED RACK OF LAMB WITH CARROTS & CARROT TOP PESTO

P 104

Swiss chard is a good source of fibre and is loaded with vitamins A, C and K and iron.
SWISS CHARD RISOTTO WITH GARLIC SHRIMP
P 104

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FINANCIER
PLUM CAKE
P 102

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▼ On our cover

Blackberry Waffles with Compote

Serves 4

Prep 20 min; **total** 55 min

500 g	blackberries (about 4 cups)
2 tbsp	honey
2 tbsp	granulated sugar
1 tbsp	lemon juice (reserve zest for waffles before juicing)

WAFFLES

½ cup	all-purpose flour
½ cup	whole-wheat flour
1 tbsp	lemon zest
2 tsp	baking powder
⅛ tsp	salt
1	egg
1 cup	milk
¼ cup	butter, melted

1. Combine blackberries with honey and sugar in a saucepan over medium-high. Stir when berries release their juices. Reduce heat. Simmer, mashing berries with a wooden spoon, until mixture starts to thicken, 35 to 40 min. Stir in lemon juice.
2. Preheat waffle iron. Whisk flours with lemon zest, baking powder and salt in a large bowl.
3. Whisk egg with milk in a medium bowl. Whisk in flour mixture until almost combined. Stir in butter until smooth. Fold in ⅓ cup compote until swirled, not over-mixed. Ladle mixture into waffle iron. Cook following manufacturer's directions. Serve with remaining compote.

Per serving 390 calories, 9 g protein, 57 g carbs, 15 g fat, 9 g fibre, 351 mg sodium. Excellent source of folate.

Financier Plum Cake

Serves 8

Prep 10 min; **total** 1 hour
Plus 1 hour cooling time

¾ cup	unsalted butter, melted
2 tbsp	brown sugar
2	medium plums, thinly sliced
1½ cups	icing sugar
1¼ cups	ground almonds
½ cup	all-purpose flour
¼ tsp	salt
6	egg whites, lightly beaten

1. Position rack in bottom third of oven. Preheat to 400F. Line the bottom of a 9-in. springform pan with parchment. Spray with butter, then sprinkle with brown sugar. Lay plum slices, overlapping in a circle, over sugar.
2. Stir icing sugar with almonds, flour and salt in a large bowl. Whisk in egg whites until combined. Gradually stir in remaining ¾ cup butter. Scrape batter over plums, smoothing top.
3. Bake until cake is golden and a cake tester inserted into centre of cake comes out clean, about 40 min. Remove cake and let stand for 10 min. Run a knife around inside edge, then release cake from pan. Place a large cooling rack upside down on top of cake. Carefully flip over. Peel off parchment. Cool on rack, about 1 hour.

Per serving 395 calories, 7 g protein, 39 g carbs, 25 g fat, 3 g fibre, 115 mg sodium.

Leek & Pancetta Galette

Serves 4

Prep 30 min; **total** 1 hour 15 min

PASTRY

1¼ cups	all-purpose flour
½ tsp	salt
½ cup	cold, unsalted butter, cubed
2 to 3 tbsp	ice-cold water
1	egg, beaten with
1 tsp	water

FILLING

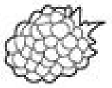
4 thin slices	pancetta rounds
228 g	oyster mushrooms, torn into bite-sized pieces
2	leeks (white and pale green parts only), sliced into ¼-in. rounds
¼ cup	dry white wine
¼ tsp	salt
150 g	Boursin with garlic and herbs, crumbled and divided into 8 portions

1. Position rack in bottom third of oven. Preheat to 375F. Line a large baking sheet with parchment.
2. Whirl flour with salt in a food processor. Pulse in butter until crumbs form. With motor still running, add ice water, 1 tbsp at a time, through spout. Continue whirling until dough comes together. Form into 4 discs. Wrap each with plastic wrap and chill in fridge, 10 min.
3. Heat a large frying pan over medium. Add pancetta and cook, flipping halfway, until crisp, 4 to 5 min. Transfer to a paper-towel-lined plate. Add mushrooms and leeks. Cook until brown, about 3 min. Add wine and salt. Cook until tender and liquid has evaporated, about 5 min. Transfer to a shallow bowl and refrigerate for 15 min.
4. Roll out 1 pastry disc into an 8-in. circle on a lightly floured surface. Transfer to baking sheet. Spread 1 portion of Boursin over pastry, leaving a 1½-in. border.
5. Scatter one-fourth of cooled leek mixture over Boursin, then sprinkle with 1 more portion Boursin. Fold pastry over, just to cover edge of filling. Centre of galette should not be covered with pastry. Brush pastry with egg wash. Repeat with remaining pastry and filling. Bake until tops are golden, about 35 min. Cool for 5 min. Break each pancetta round in half and tuck 2 halves into each galette.

Per serving 598 calories, 13 g protein, 41 g carbs, 44 g fat, 4 g fibre, 850 mg sodium.

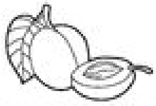
A LITTLE ON THE SIDE

Clever condiments using these produce superstars



SPICY BLACKBERRY SALSA

Mash 3 cups chopped blackberries gently in a small bowl until juices are released. Stir in 1 minced shallot, 1 finely chopped jalapeno, seeds discarded, ¼ cup finely chopped cilantro, 2 tbsp lime juice and ¼ tsp salt. Serve with tortilla chips. *Serves 4.*



PLUM & WALNUT CHUTNEY

Combine 4½ cups diced plums with ¼ cup each ruby port, honey and dried cherries and ¼ tsp cardamom in a saucepan. Boil, then reduce heat. Simmer, stirring often, until thickened, 20 min. Chill for 1 hour. Stir in ½ cup chopped, toasted walnuts. Serve with cheese. *Makes 2⅔ cups.*

CREAMY LEEK DIP

Melt 2 tbsp butter in a large non-stick frying pan over medium. Add 3 large leeks (white and pale green parts only), cut in half lengthwise and sliced. Cook until tender, about 8 min. Whirl leeks with ½ cup sour cream, ¼ cup mayonnaise, 1 tsp lemon zest and ¼ tsp salt in a food processor, until finely chopped. Season with fresh pepper. Serve with pumpernickel bread. *Serves 4.*

A fresh burst of flavour.

Black, red or green, Grapes from California add a delicious twist to snacks, side dishes, entrees and desserts. Explore grapes and their endless possibilities at grapesfromcalifornia.com

GRAPES FROM CALIFORNIA

Roasted Rack of Lamb with Carrots & Carrot Top Pesto

Serves 4

Prep 20 min; **total** 45 min

- 950 g small carrots with stems (about 4 bunches)
- 1 tbsp olive oil
- ¾ tsp salt, divided
- 2 racks of lamb, about 16 ribs, at room temperature

PESTO

- 1 garlic clove, minced
- ¼ cup finely chopped toasted walnuts
- ¼ cup grated parmesan
- 2 tbsp finely chopped mint leaves
- 1 tbsp lemon juice
- ½ cup olive oil

1. Position racks in top and bottom thirds of oven. Preheat to 450F. Line a large baking sheet with foil. Set a rack on another baking sheet.
2. Trim carrots, leaving a bit of stem and reserving 1 cup finely chopped carrot tops. Scrub or peel carrots, then toss with 1 tbsp oil and ¼ tsp salt on prepared sheet. Roast in bottom third of oven, until golden and tender, 25 to 30 min.
3. Place lamb, fat-side up, on rack. Score fat in a diamond pattern. Sprinkle with ¼ tsp salt. Season with fresh pepper. Roast in top third of oven until a thermometer inserted into centre of meat reads 140F for medium-rare, 25 to 30 min.
4. Whirl reserved carrot tops with garlic, walnuts, parmesan, mint, lemon juice and remaining ¼ tsp salt in a food processor. With the motor running, gradually add ½ cup olive oil through spout. Drizzle over roasted carrots and serve with lamb.

Per serving 715 calories, 45 g protein, 19 g carbs, 53 g fat, 6 g fibre, 771 mg sodium. Excellent source of vitamin B_6.

Swiss Chard Risotto with Garlic Shrimp

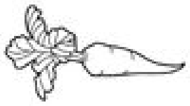
Serves 4

Prep 55 min; **total** 55 min

- 3 cups low-sodium chicken broth
- 1 cup water
- 3 tbsp butter, divided
- 1 shallot, finely chopped
- 1 cup arborio rice
- ½ cup white wine
- ½ bunch rainbow or green Swiss chard, chopped (stems and leaves kept separate)
- ¼ cup goat cheese, crumbled
- 2 garlic cloves, finely chopped
- 454 g large shrimp, peeled

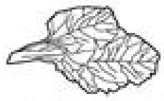
1. Combine broth with water in a large saucepan over high. Cover and boil. Reduce heat to low to keep warm.
2. Melt 2 tbsp butter in a large frying pan over medium. Add shallot and cook, stirring often, until soft, about 3 min. Add rice and stir until glossy, about 1 min. Add wine, stirring often, until rice has absorbed all of the liquid, 1 to 2 min. Add ½ cup of broth mixture. Stir often, until most of the liquid is absorbed, 3 to 5 min. Continue adding broth mixture, ½ cup at a time, stirring often, until absorbed. Add chard stems after 10 min. Cook until rice is just tender to the bite. Add chard leaves, stirring until wilted, 1 to 2 min. Stir in goat cheese. Season with pepper.
3. Melt remaining 1 tbsp butter in a large frying pan over medium-high. Add garlic. Cook until fragrant, about 30 sec. Add shrimp and cook, stirring often, until it turns pink, 2 to 4 min. Serve with risotto.

Per serving 446 calories, 32 g protein, 45 g carbs, 14 g fat, 2 g fibre, 837 mg sodium. Excellent source of vitamin B_{12}.



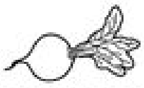
QUICK-PICKLED CARROT STICKS

Boil 425 g carrots, cut into ¼-in. sticks, in a saucepan of water for 1 min. Rinse under cold running water. Drain well. Combine 1 ¼ cups water with 1 cup cider vinegar, ⅓ cup sugar and 1 tbsp each dill seeds and salt in same saucepan. Boil, then reduce heat. Simmer for 2 min. Pack carrots in jars. Pour vinegar mixture over carrots. Cover with lids. *Fills 2 1-cup jars.*



SWISS CHARD WITH BACON & GOLDEN RAISINS

Cook 3 bacon slices, chopped, in a non-stick frying pan over medium until crisp, 5 to 7 min. Set aside. Leave 1 tbsp fat in pan. Add 2 sliced shallots and 2 tbsp golden raisins. Cook for 3 min. Add 1 bunch coarsely chopped Swiss chard. Cook until stems soften, 3 min. Add 1 tbsp lemon juice, ¼ tsp salt and bacon. Season with pepper. *Serves 4.*



BEET TARTARE

Dice 5 chilled cooked, peeled beets. Combine with 3 tbsp diced cornichons, 1 diced shallot, 1 tbsp chopped parsley, 1 tbsp lemon juice, 2 tsp Dijon and ⅛ tsp salt in a large bowl. Season with fresh pepper. Toss 2 cups arugula with 2 tsp olive oil and 1 tsp lemon juice. Divide among 4 plates. Pack beet tartare into a 1-cup measure and invert onto arugula. Repeat. Top with ¼ cup shaved parmesan. Serve with crostini. *Serves 4.*

Beet Latkes with Smoked Salmon & Caraway Sour Cream

Serves 6

Prep 20 min; **total** 35 min

- ½ cup sour cream
- ½ tsp caraway seeds, toasted
- 2 medium red beets, peeled and grated (about 4 cups packed)
- 1 large carrot, grated (about 1 ½ cups)
- 1 onion, grated
- 2 eggs, beaten
- ⅔ cup all-purpose flour
- ½ tsp salt
- ⅓ cup canola oil
- 140 g smoked salmon

1. Combine sour cream and caraway seeds in a small bowl. Squeeze out excess liquid from beets, carrot and onion using hands or kitchen towel (beets may stain towel). Stir vegetables with eggs, flour and salt in a large bowl. Season with fresh pepper.
2. Pour oil into a large non-stick frying pan until it reaches halfway up the side. Set over medium. Working in batches of 4 latkes, scoop ¼ cup packed beet mixture per latke into pan. Flatten slightly with a spatula and cook until golden, about 3 min per side. Transfer to a paper-towel-lined plate. Serve with caraway sour cream and smoked salmon.

Per serving 292 calories, 11 g protein, 22 g carbs, 18 g fat, 3 g fibre, 466 mg sodium. Excellent source of vitamin B_{12}.

Kitchen Tip To save time, use a food processor to grate vegetables.

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The Dinner Plan

One shopping list, five easy weeknight meals

FOOD STYLING, ASHLEY DENTON. PROP STYLING, RAYNA SCHWARTZ.

Monday

Flank Steak and Hash Browns

Ready in 45 min **Serves** 4

photographs **ROBERTO CARUSO**

Tuesday
Buttery Tomato Pasta
Ready in 35 min **Serves** 4

Wednesday
White Bean & Tomato Soup
Ready in 35 min **Serves** 4

Thursday
Sweet & Spicy Salmon with Garlicky Collard Greens
Ready in 25 min **Serves** 4

Friday
Coconut Chicken & Broccoli Stir-Fry
Ready in 25 min **Serves** 4

Grocery list

PRODUCE
- ☐ 2 small onions
- ☐ 4 Yukon Gold potatoes
- ☐ 1 carrot
- ☐ 1 head celery
- ☐ 142 g arugula (2 cups)
- ☐ 2 small bunches collard greens
- ☐ 1 bunch broccoli
- ☐ fresh basil
- ☐ 1 bunch parsley
- ☐ 1 head garlic
- ☐ 1 chili pepper
- ☐ 3 lemons

PROTEIN
- ☐ 3 skinless, boneless chicken breasts
- ☐ 4 salmon fillets, about 750 g
- ☐ 1 flank steak, about 750 g

DAIRY
- ☐ ricotta
- ☐ parmesan
- ☐ 35% cream

DRY GOODS
- ☐ 400-mL can coconut milk
- ☐ 3 796-mL cans whole tomatoes
- ☐ 540-mL can white beans (no salt added)
- ☐ chicken broth
- ☐ vegetable broth (no salt added)
- ☐ oil-packed sun-dried tomatoes
- ☐ 450 g rigatoni

CHECK YOUR PANTRY FOR canola oil, olive oil, soy sauce, fish sauce, Dijon mustard, horseradish, honey, cornstarch, butter, salt, pepper, hot-red-chili flakes.

MONDAY
Flank Steak and Hash Browns

Serves 4

Prep 10 min; **total** 45 min

2 cups	arugula, finely chopped
1	garlic clove, minced
2 tbsp	lemon zest
2 tbsp	lemon juice
¾ tsp	salt, divided
1	flank steak, about 750 g
2 tbsp	canola oil, divided
4	Yukon Gold potatoes, cut into ½-in. cubes
1	small onion, finely chopped
⅓ cup	oil-packed sun-dried tomatoes, finely chopped

1. Stir arugula with garlic, lemon zest and juice, and ¼ tsp salt in a medium bowl.
2. Sprinkle steak with ¼ tsp salt. Season with fresh pepper. Heat an extra-large non-stick frying pan over medium-high. Add 2 tsp oil, then steak. Reduce heat to medium. Cook 6 to 7 min per side for medium-rare. Transfer to a plate and tent with foil.
3. Heat remaining 4 tsp oil in same pan over medium-high. Add potatoes and cook, stirring often, until fork-tender, 15 to 18 min. Add onion and cook until golden, 2 to 3 min. Stir in tomatoes and remaining ¼ tsp salt. Season with fresh pepper.
4. Slice steak thinly, then divide among 4 plates. Top with arugula mixture.

Per serving 437 calories, 34 g protein, 32 g carbs, 19 g fat, 4 g fibre, 556 mg sodium. Excellent source of vitamin C.

TUESDAY
Buttery Tomato Pasta

Serves 4

Prep 10 min; **total** 35 min

3 tbsp	butter
2	garlic cloves, minced
2.4 L	canned whole tomatoes, drained and crushed
¼ tsp	salt
450 g	rigatoni
2 tbsp	finely chopped parsley
¼ tsp	hot-red-chili flakes
½ cup	ricotta
	parmesan (optional)

1. Melt butter in an extra-large frying pan over medium. Add garlic and cook for 30 sec. Stir in tomatoes and salt. Season with fresh pepper. Boil, then reduce heat to medium. Simmer until thickened, about 20 min.
2. Cook pasta in a large pot of boiling water, following package directions but omitting salt, until tender, 10 to 12 min. Drain well.
3. Reserve 1½ cups tomato sauce for White Bean and Tomato Soup. Toss pasta with parsley, chili flakes and remaining sauce until well coated. Divide among 4 plates. Top each with 2 tbsp ricotta. Sprinkle with parmesan.

Per serving 578 calories, 22 g protein, 96 g carbs, 12 g fat, 5 g fibre, 573 mg sodium. Excellent source of folate.

WEDNESDAY
White Bean & Tomato Soup

Serves 4

Prep 10 min; **total** 35 min

2 tsp	canola oil
1	small onion, finely chopped
1	carrot, peeled and finely chopped
1	celery stalk, finely chopped
540 mL	canned no-salt white beans, drained and rinsed
3 cups	no-salt vegetable broth
1½ cups	reserved sauce for Buttery Tomato Pasta
1 cup	water
¼ tsp	salt
¼ cup	35% cream

1. Heat a large pot over medium-high. Add oil, then onion, carrot and celery. Cook, stirring often, until onion is soft, about 5 min. Stir in beans, then vegetable broth, tomato sauce, water and salt. Boil, then reduce heat to medium-low.
2. Simmer, covered, until vegetables are tender, 20 min. Transfer mixture to a blender along with cream. Whirl until smooth. Ladle into bowls and serve with French bread.

Per serving 269 calories, 21 g protein, 34 g carbs, 12 g fat, 8 g fibre, 864 mg sodium. Excellent source of vitamin A.

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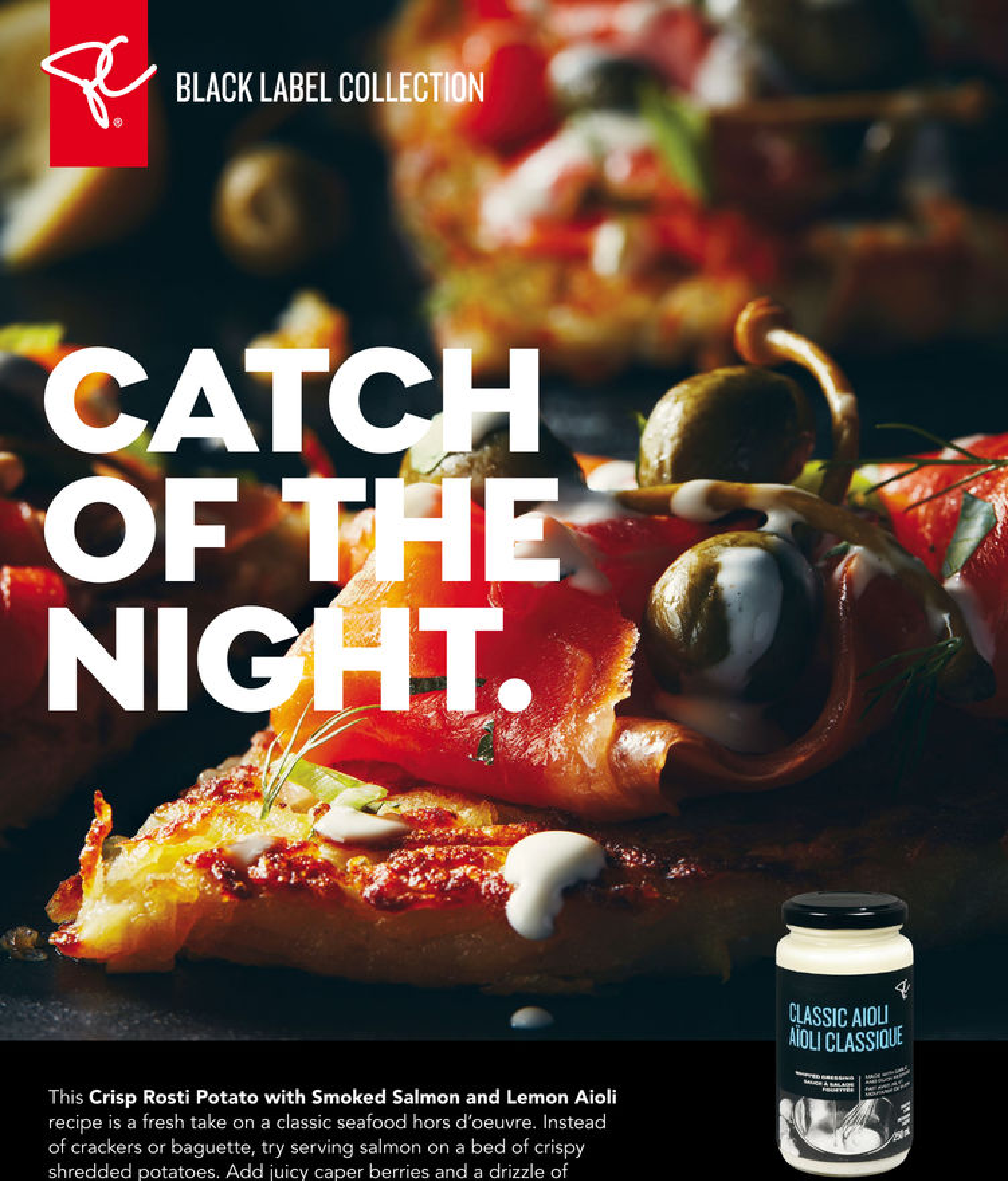

This **Crisp Rosti Potato with Smoked Salmon and Lemon Aioli** recipe is a fresh take on a classic seafood hors d'oeuvre. Instead of crackers or baguette, try serving salmon on a bed of crispy shredded potatoes. Add juicy caper berries and a drizzle of PC® Black Label Classic Aioli with lemon juice, and you've got an appetizer that's dressed to impress.

Find all our recipes at pc.ca/blacklabel

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THURSDAY

Sweet & Spicy Salmon with Garlicky Collard Greens

Serves 4

Prep 10 min; **total** 25 min

4	salmon fillets, about 750 g
¼ cup	prepared horseradish
1 tbsp	honey
1 tbsp	Dijon mustard
½ tsp	salt, divided
12 cups	thinly sliced collard greens, about 2 small bunches
1 tbsp	olive oil
2	garlic cloves, minced
1 tbsp	lemon zest

1. Preheat oven to 400F. Line a baking sheet with foil. Boil a large pot of water.
2. Pat salmon dry with paper towels. Arrange on prepared sheet. Stir horseradish with honey, Dijon and ¼ tsp salt in a small bowl. Spread mixture over salmon.
3. Bake in centre of oven until a knife tip inserted in thickest part of fish comes out warm, about 12 min.
4. Add collard greens to boiling water. Cook 10 min. Drain and rinse under cold running water. Squeeze out excess water. Return pot to medium. Add oil, then garlic. Cook 1 min. Add greens, lemon zest and remaining ¼ tsp salt. Remove from heat. Serve with salmon.

Per serving 385 calories, 35 g protein, 12 g carbs, 22 g fat, 4 g fibre, 489 mg sodium. Excellent source of vitamin A.

FRIDAY

Coconut Chicken & Broccoli Stir-Fry

Serves 4

Prep 15 min; **total** 25 min

400 mL	coconut milk
½ cup	chicken broth
1 tbsp	soy sauce
1 tbsp	fish sauce
2 tsp	honey
3	chicken breasts, thinly sliced
1 tbsp	cornstarch
2 tsp	canola oil
2	garlic cloves, thinly sliced
1 bunch	broccoli, stems peeled and diced, crown cut into florets
¼ cup	basil leaves, thinly sliced
1	chili pepper, thinly sliced (optional)

1. Whisk coconut milk with broth, soy, fish sauce and honey in a medium bowl. Toss chicken with cornstarch in a medium bowl until coated.
2. Heat an extra-large non-stick frying pan over medium-high. Add oil, then garlic, chicken and broccoli stems. Cook until chicken is golden, 5 to 7 min. Add coconut milk mixture and broccoli florets and cook until tender-crisp, 2 to 4 min. Serve over rice and top with basil and chili slices.

Per serving 442 calories, 40 g protein, 17 g carbs, 26 g fat, 4 g fibre, 830 mg sodium. Excellent source of vitamin C.

Kitchen tips

Turn steak with a pair of tongs. Piercing it with a fork while it cooks will only drain out the juices.

Using canned items for dinner will save on prep time, but read the labels and choose no-salt or reduced-sodium options.

Collard greens are usually available at supermarkets but can be replaced with kale or Savoy cabbage.

CRISP ROSTI POTATO WITH SMOKED SALMON AND LEMON AIOLI

INGREDIENTS

2	medium russet (baking) potatoes, peeled and grated (about 2½ cups/625 mL)
½ tsp (2 mL)	fine sea salt
2 tbsp (25 mL)	unsalted butter
3 tbsp (45 mL)	PC® Black Label Classic Aioli
1 tbsp (15 mL)	fresh lemon juice
8 slices	PC® Bay of Fundy Smoked Salmon
¼ tsp (1 mL)	cracked black pepper
3 tbsp (45 mL)	thinly sliced green onions
¼ cup (50 mL)	fresh dill sprigs
¼ cup (50 mL)	fresh Italian parsley leaves
12	PC® Black Label Caper Berries
4	lemon wedges

INSTRUCTIONS

Place grated potatoes in strainer; using a wooden spoon, press out excess water. Transfer to bowl; toss together with salt.

Preheat a 10-inch (25 cm) nonstick frying pan over medium heat. Melt 1 tsp (5 mL) of the butter, swirling pan to coat. Add potatoes, spreading evenly to cover bottom of pan. Cook, stirring often, for 2 minutes. Using a spatula, press potatoes evenly into pan. Add small pea-size pieces of some of remaining butter around edge of potatoes every 5 inches (12 cm). Continue to cook while pressing with spatula for about 12 to 15 minutes, repeating butter addition two more times.

Place a plate slightly smaller than the inside of the frying pan over top of rosti. Invert pan and slide rosti onto plate. Place frying pan back on heat; return rosti to pan with crispy side up. Cook for another 12 to 15 minutes, repeating small pea-size butter addition twice. Remove from heat; set aside to cool.

In small bowl, stir together aioli and lemon juice. Cut rosti into 4 quarters; arrange on appetizer plates. Loosely fold 2 slices of salmon over top of each rosti; sprinkle with cracked black pepper. Garnish each with green onion, dill sprigs and parsley. Place 3 caper berries on each portion; drizzle each with lemon aioli. Garnish with lemon wedges.

BLACK LABEL COLLECTION

Loose ends

How to use up leftover ingredients from this month's recipes

1.

ARUGULA

White Bean Stew

Sauté 2 finely chopped celery stalks, 1 peeled and finely chopped carrot and ½ finely chopped onion in 1 tbsp olive oil in a large pot on medium for 5 min. Stir in 540 mL canned white beans, drained and rinsed, 1½ cups chicken broth and 2 tsp fresh thyme. Boil, then reduce heat to medium-low. Simmer until carrots are tender, 10 min. Stir in 255 g cherry tomatoes, halved, and cook for 3 min. Stir in 2 cups arugula.

2.

RICOTTA

Dark Chocolate Mousse

Microwave 1 cup dark chocolate chips until almost melted, 1 to 2 min. Stir until smooth. Let cool. Whisk 2 cups 35% cream in a large bowl until soft peaks form. Fold in melted chocolate, then ½ cup ricotta until combined. Transfer to a serving dish. Sprinkle with toasted, sliced almonds.

3.

FISH SAUCE

Thai Coconut Soup

Boil 900 mL low-sodium chicken broth with 4 pieces of ginger, sliced ¼-in. thick, 1-in. piece lime peel and 3 tbsp lime juice. Reduce heat to medium-low and simmer, covered, for 10 min. Strain, then return broth to pot over medium. Stir in 398 mL coconut milk, 225 g medium tofu, diced, 2 cups broccoli florets, 1 large carrot, peeled and cut into matchsticks, and 1½ tsp sugar. Cook for 2 to 3 min. Sprinkle with cilantro.

4.

CELERY

Fresh Salad

Toss 4 thinly sliced celery stalks with ½ cup each dried cherries and chopped pecans, 2 tbsp white balsamic vinegar, 1 tbsp canola oil and ¼ tsp salt. Season with fresh pepper.

5.

SUN-DRIED TOMATOES

Roasted Cauliflower

Toss 1 head cauliflower, cut into small florets, with 1 tbsp olive oil and ¼ tsp salt. Season with fresh pepper. Roast at 425F until tender, 30 min. Sprinkle with ¼ cup each finely grated parmesan and finely chopped sun-dried tomatoes, tossing to coat.

MORE IDEAS WITH TRISCUIT

Quick bites

Ricotta

Cook 2 chopped bacon slices over medium until crisp. Transfer to a paper-towel-lined plate. Stir ½ cup ricotta with ⅛ tsp salt in a bowl. Season with fresh pepper. Spread over 12 Triscuit Original Crackers. Top with ¼ cup blanched fava beans, skins removed and chopped, then bacon.

Sun-Dried Tomatoes

Stir ½ cup sun-dried tomatoes, finely chopped, with 1 tbsp each olive oil, lemon juice and capers, 1 minced garlic clove and 1 tsp fresh thyme in a bowl. Season with fresh pepper. Spread over 12 Triscuit Original Crackers.

Arugula

Cook 227 g cremini mushrooms, finely chopped, in a frying pan over medium-high until no liquid remains, 5 min. Stir in 2 tbsp butter, 1 finely chopped shallot and ⅛ tsp salt and cook, 2 more min. Stir in 2 tsp lemon zest. Spoon over 12 Triscuit Original Crackers. Toss 1 cup arugula, torn into pieces, with ¼ tsp each lemon juice and olive oil. Sprinkle over mushrooms.

FOOD STYLING, ASHLEY DENTON. PROP STYLING, RAYNA SCHWARTZ.

photographs ERIK PUTZ

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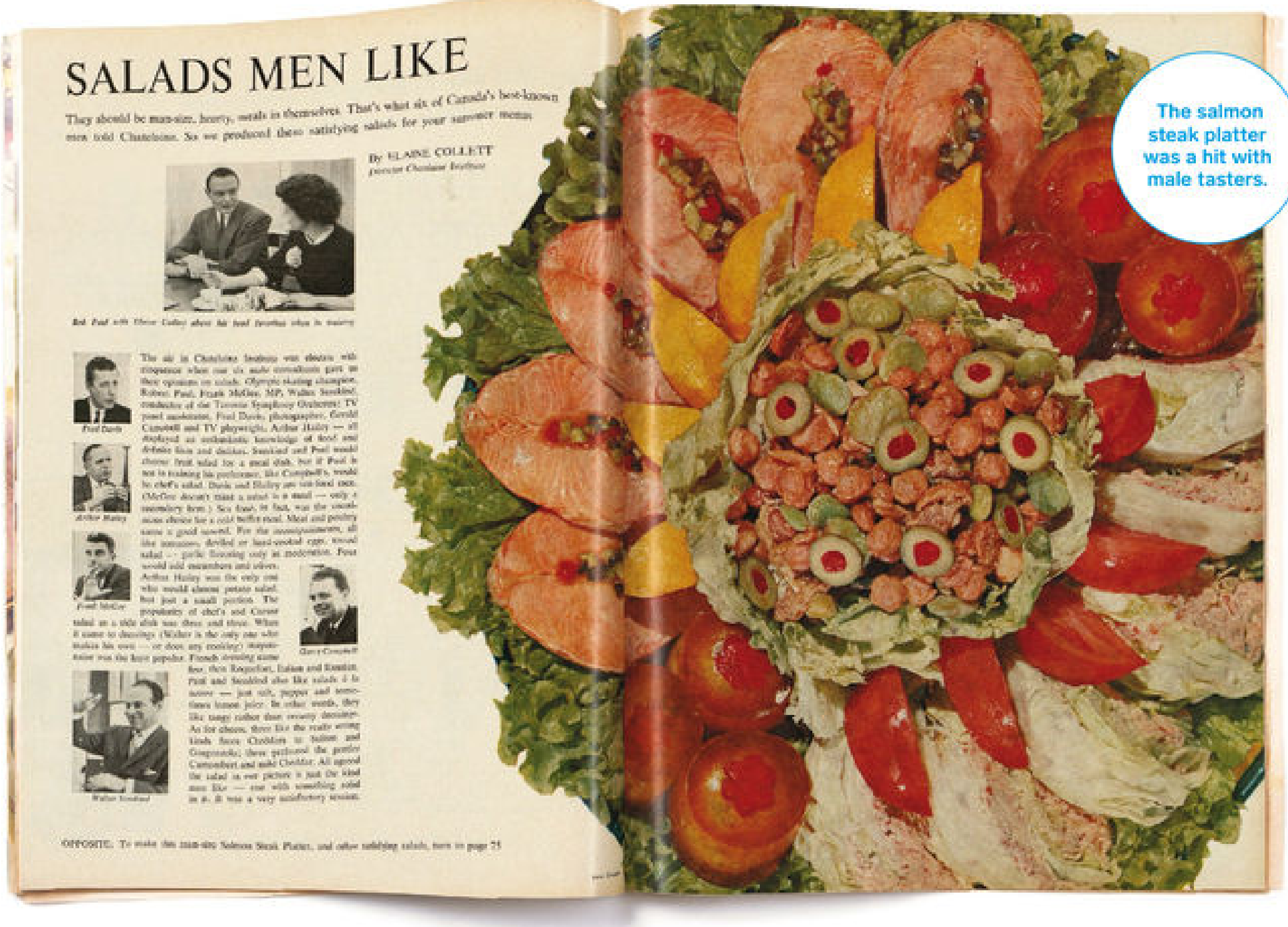

The salmon steak platter was a hit with male tasters.

June 1960

What men really want in a salad

The times Backyard barbecues became popular, pumps with stacked wooden heels were the height of chic and the Everly Brothers dominated the airwaves. **The food trend** Hearty salads. *Chatelaine* corralled six well-known Canadian fellas to help determine what types of salad men like, if any. The panellists, including MP Frank McGee and Olympic skater Robert Paul, were definitive about their tastes. They preferred French dressing over Italian, and garlic only in moderation. McGee didn't think any salad was filling enough to stand alone—"only [as] a secondary item." This salmon steak platter was given the thumbs-up because it had "something solid in it," specifically fish, lobster-stuffed lettuce wedges, devilled eggs in aspic and a bean and Vienna sausage medley. It was, according to *Chatelaine*'s Elaine Collett, a "very satisfactory session." — Katie Underwood

"Salads Men Like" by Elaine Collett

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